DECEMBER 22, 1973

New Idea

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KEEP SLIM — BY THE STARS

DOLLS' HOUSE TO MAKE

NEW SERIES
WAITING FOR BABY

BACHELOR KING'S ROMANTIC EXPLOITS

50 HINTS FOR YOUR HOLIDAY

PICTORIAL SPECIAL
JACKIE, ARI'S PARIS SPREE

FLOWER ARRANGING FOR CHRISTMAS

SPECIAL LIFT-OUT
BABY SUMMER COTTONS TO KNIT

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OUR COVER

A cool summer cotton top will make any baby happy, as Lucas Brown can testify. His vest is part of our special Lift-Out beginning on Page 43.

Photograph by Brian Ferguson.

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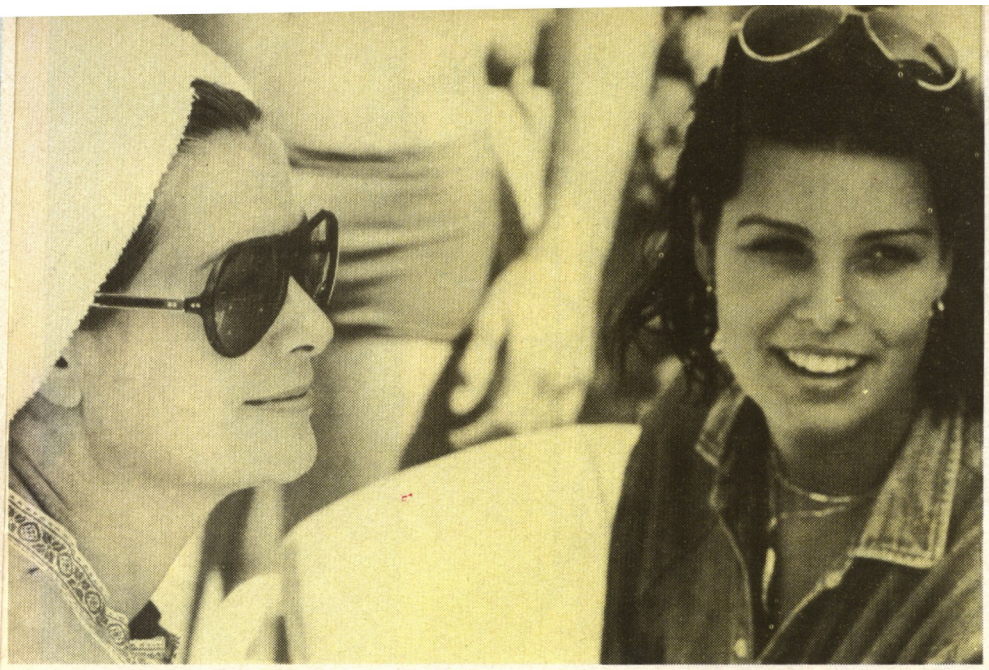
Printed by W. J. Morgans, Errol Street, Prahran, for the publishers and distributors, Southdown Press, of 32 Walsh Street, Melbourne Victoria, 3001.

IS this the answer to today's traffic problems? Barry Lapworth, eight, of England, above, shows his skill on a 6 in. tall cycle made by his father, which is claimed to be the world's smallest bicycle. Barry will appear in a Christmas show, riding unicycles.

HERE'S the Paris look for 1974. This sophisticated style, above, is a graduated cut from the top of the head lengthening to a brim over the eyes. The color is graduated, too, from dark at the top to blonde.

LORRAINE, above, modelled one of Mary Quant's summer designs, Champagne In Paris, a cream crepe jacket with a shirred waist, long skirt and printed voile blouse, at the showing of Quant's 1974 collection.

LITTLE Katyana, left, is already a jet-setter — at 16 months old. Her mother, actress Joan Collins, took her to Rome where she is filming The Referee. Mother and daughter flew out from London's Heathrow Airport.

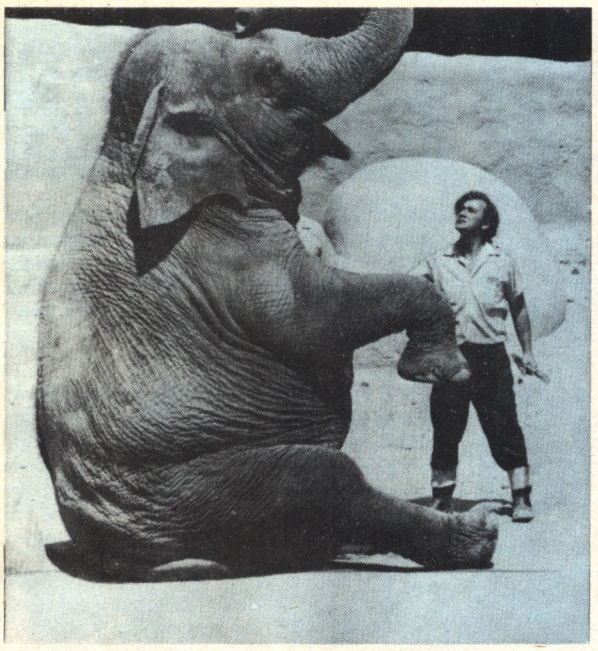


ELEGANT Princess Grace of Monaco took her family, including Princess Caroline, 16, above, to the annual swimming events at the exclusive summer club at Monte Carlo Beach, where she presented trophies.

From us to you this week

THESE two attractive Frenchwomen, above, were surprised to meet West German Chancellor Willi Brandt while out for a stroll. He was relaxing at his villa in the Var area of France miles away from State matters.

THIS eye-catching bag is ideal for toting all your things around in — and catching the eye of a cab-driver. The red and white bag with a car handle, below, is designed by Dilidam.



SIT-UPS aren't easy for an elephant, but keeper Jim Whittle, above, of the Los Angeles Zoo, trains his animals this way so he can check their health and general condition.

PRETTY barmaid Pat Sweett of Brighton, UK, left, found that the only way to keep her dog Georgie in the car was to use a seat belt. Safe and secure!

Caroline says...

ALL THOSE HARD WORKERS for favorite causes will feel pleased for Mrs. Wallace Landells of Brighton, Melbourne, who had the luck of a lifetime when she came upon the end of a story that had puzzled her since childhood. Her luck began when Brighton Historical Society was called to view some costumes in an old box, perfectly preserved. There was a golden ball gown made for a woman, tall, very slim, full figured. Two ladies, Miss Mary Bell and Mrs. Lillies, remember that she was silvery blonde, very fragile, with huge blue eyes . . . their aunt Mrs. Septimus Miller who died in 1910, after which her distracted husband sent back all her clothes to her mother Mrs. James Bell. Mrs. Landells found out about the ornate little Gothic chapel in Brighton General Cemetery, complete with lead - light windows and interior lined with marble, a viewing door and a marble bed with the effigy of a little girl. The girl was Gwendoline Miller, who died at 13 in 1902 . . . no one seemed to know how. Generations of girls on their bikes let a tear trickle and went their way. THE WOMAN WHO WORE the sumptous ball gown (see picture) was Clara Miller, wife of Septimus — son of Henry "Money" Miller, one of the richest men Australia ever had. Clara, the mother, who died at 44, was the only daughter of Mr. and Mrs. James Bell of Woolbrook Station, Teasdale, Victoria . . . Around 1881, at 21, with her own carriage and four peerless matched greys, she married Septimus, glamor Miller brother, and catch of all designing Melbourne mums. SHE WORE IMPORTED GOWNS in the days of the Earl of Hopetoun's governorship, but their only daughter Gwendoline Stewart Miller, was a diabetic, who in spite of sieved and imported foods, died at 13 when no known treatment existed. SO THERE'S THE STORY THAT HAS BEEN A MYSTERY TO TWO GENERATIONS OF MELBOURNE WOMEN. No doubt your local cemetary has some to match . . .

CAROLINE ROSS

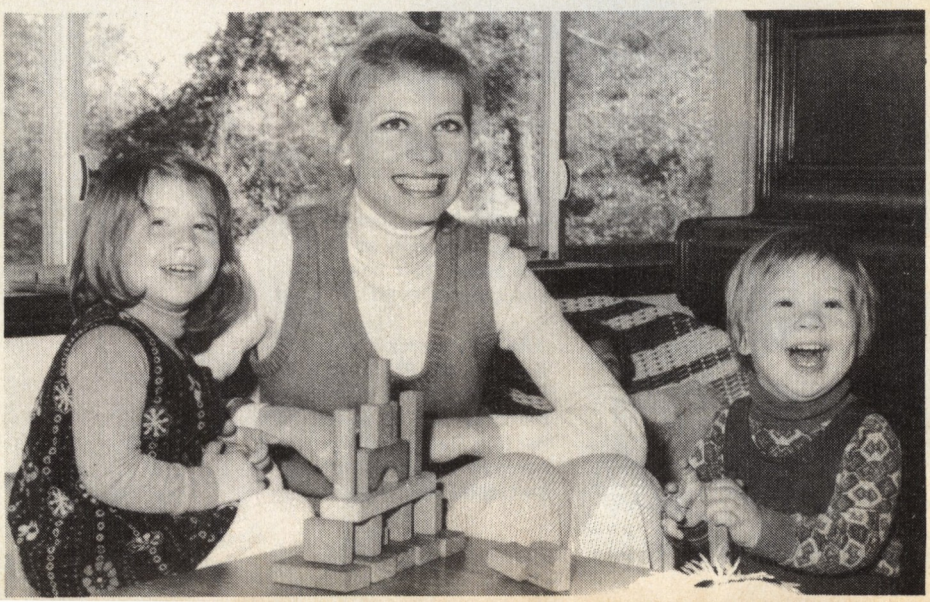
MODELLING Clara Miller's golden ballgown which has lain in a box for 63 years, for the Brighton Historical Society, is Mrs. Malcolm Wallace Mitchell, above. See the story in our Caroline Says column on this page.

MEET Mrs. Margaret Watts, 81, above, of Potts Point, NSW, who was recently voted Senior Citizen of the Year. The furry penguin was made by some of those who attended a Festival for Senior Citizens in Sydney, which was addressed by Mrs. Al Grassby, the wife of the Minister for Immigration. We hope 1974 is a fulfilling year for Mrs. Watts.

In Town

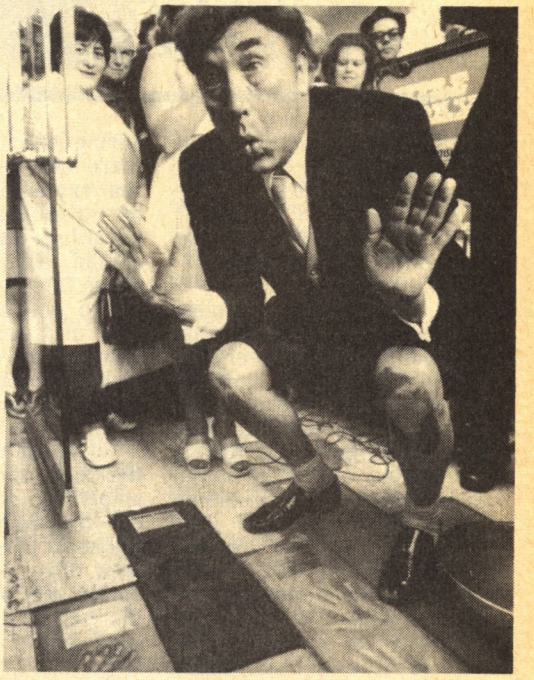
THE King and Queen of Pop, Johnny Farnham and Colleen Hewett, left, celebrated the announcement of their national variety show with champagne. The musical show will go to air some time in the new year.

IT'S a busy life for Veronika Smith, below, wife of the captain-coach of WA's premier football team, Ross Smith. Veronika's also a part-time model and the mother of two children, Amanda, four, and Wesley, 18 months, and devotes much of her time to caring for her young family at home.



SIR HENRY BOLTE, above, may have retired from politics, but not from work. Here he discusses a Visualtek sight instrument with Sister Margaret Biggs, at an appeal for the blind in Victoria.

"JEFF is my manager, my husband, father of my children and my great love," says Helen Reddy of Jeff Wald, left, whom she met at a party and married five years ago.



LIKE many other celebrities who have visited Melbourne, Frankie Howerd, above, left his mark in cement on the pavement outside a city store.

WHEN he went to see John Rigby's large one-man exhibition in Brisbane, Timothy North, left, was fascinated by the painting Binna Burra Still Life With Still-Life-Eating Birds. The exhibition, which was held in the Reid Gallery, was a huge success.

Next week

SPECIAL LIFT-OUT:
BEACH WEAR TO KNIT & CROCHET

BEAUTIFUL TABLE MAT TO EMBROIDER

GREAT NEW SERIES:
ROYAL ROMANCES OF THE CENTURY!

READERS' STORIES:
MY MOST MEMORABLE CHRISTMAS

SOFT SUMMER HAIR STYLES

EVENING WEAR AND BIKINI FASHIONS

IN COLOR:
ON THE BEACH EXERCISES

QUEEN'S COUTURIER SPEAKS OUT

HOLIDAY TIME HOME SAFETY

NEW YEAR PARTIES AND CHRISTMAS LEFTOVERS RECIPES

BACHELOR KING'S ROMANCE STIR!

YOUNG CARL GUSTAF OF SWEDEN IS TAKING HIS NEW ROLE AS MONARCH SERIOUSLY, BUT HIS PRIVATE LIFE CAN STILL MAKE HEADLINES, WRITES OUR ROYALTY EXPERT JOHN WOOD

SINCE coming to the throne on the death of his 90-year-old grandfather three months ago, Carl Gustaf of Sweden has taken his new role in life as monarch extremely seriously.

As the world's youngest reigning King, the 27-year-old bachelor has given every indication of working hard at his duties and Government ministers dealing with him have been impressed by his determined efforts to come to grips with the problems placed before him.

But old habits die hard and the good-looking King Gustaf has already demonstrated that his image as a dashing playboy has not yet been buried under the heavy mantle of office.

Within a fortnight of taking his place on the throne, one of Sweden's leading papers suddenly startled its readers by asking in headlines: "Where is our King?" For Gustaf had disappeared and court officials were sufficiently embarrassed to explain that they were quite unable to answer that question.

The King had not been kidnapped — nor was he ill. He had, as Continental papers explained, been involved in a little "affair of the heart."

Gustaf had left Stockholm for his residence at Solliden on the island of Oland in the Baltic Sea. The King gave instructions to the man whose job it is to look after the home, Carl Persson, not to raise the royal standard, as is customary when the monarch is in residence.

He was visited there by a beautiful German girl, Silvia Sommerlath from Munich, who had acted as a hostess during the Olympic Games there last year. Not only is she extremely good-looking, but also highly intelligent, speaking English, French, Italian, Spanish and Portuguese fluently.

The couple had been out several times and had been spotted in Munich nightclubs, obviously deeply engrossed in each other's company.

While she was visiting him, the king showed Silvia the small chalet which he had constructed some time ago in the heart of a forest on the island. They went there in her small German car, instead of his large official Swedish-made car.

SKIING HOLIDAY IN SWITZERLAND

The tolerant Swedes know that Gustaf is extremely fond of Silvia. In February they went for a skiing holiday in Switzerland at Zermatt and in July this year, before he became king, she was again his guest at his summer home at Falsterboo in South Sweden.

He has repeatedly phoned her at her apartment in Munich's Silcherstrasse, and his letters have also been frequent. A lover of opera music, the young woman has been seen frequently in the city's concert halls, and her friends say that she is an expert on South American dancing since, as a child she lived in Brazil with her parents before returning to Germany to take up permanent residence.

But the 25-year-old Silvia is not the first young girl in the life of Gustaf.

He has a reputation of having enjoyed romances with girls from all classes of society ranging from models and strip-tease dancers to the more "liberated" princesses of European royalty.

Two years ago he came to London to renew a long-standing friendship with Princess Anne. Ever since childhood the two youngsters had been thrown together for both families believed that a match between them would be an excellent arrangement.

Not only did Carl Gustaf spend many holidays with the British royal family at Balmoral in Scotland, but Prince Philip admired his sporting talents and encouraged a match between him and Princess Anne.

His trip to the British capital was one last effort by both royal houses to see if the couple could find something in common. Gustaf gallantly wined and dined the Queen of England's daughter, but their friends reported that they had very little in common. Gustaf is not fascinated by horses, Anne's great passion in life. And he

ABOVE: Carl XVI Gustaf makes a speech at the ceremony at Stockholm Palace when he acceded to the throne of Sweden.

LEFT: Liv Perje, 22, was a close friend of Carl Gustaf, and often went yachting with him on his private boat, Sly Phiesta.

was quite appalled by Anne's lack of interest in "serious" matters such as opera, classical music and the arts generally.

Gustaf has the reputation of being highly intelligent, and his upbringing has given him a deep cultural knowledge and appreciation, an interest he shares with Silvia Sommerlath.

There was never a romance between Anne and Carl Gustaf, but there has been with other young ladies. Movie actress Christina Lindberg who has been in such strikingly frank films as What Are You Doing After The Orgy and Exposed, in which she stripped, told me once in London about the day she met the crown prince.

"We got to know each other and went for a drink in his car. He keeps some drink there in the cubby-hole. Then he took me home to his apartment at the palace where we had a little party. I like him very much, but I do not believe in marriage so there is no chance of that even if he had asked me — which he didn't."

Another young Swedish girl, who now lives in London, has also been a close friend of the new monarch. The honey-blonde Leena Skoog, who like Christina has a 40-inch bust, was invited over to the young man's table when he was still a Prince and on a ski-ing holiday in the mountains of Central Sweden.

A PARTY IN HIS COTTAGE

"I met him after there was a photo of me on a long-play record sleeve. I was at this party and the prince was there, although I did not know it at the time. He sent somebody over to ask me to join him, which I did and we danced together. Next day he invited me to join a party he was giving in his cottage. We skiied, laughed, talked and did everything you would expect a young couple to do. Yes, and the prince did kiss me. What did you expect him to do?

"He is quite a normal young man, and he behaved just like any other normal young man. He may be a prince but he is also a man."

Leena, who has also made a nude film (Laila The Virgin) and another movie, The Language Of Love, has the distinction of having a record of hers banned by the Swedish Broadcasting Corporation. It was her own version of the controversial Jane Birkin record Je t'aime, but she says "only better".

When asked about his friendship with Leena, the prince replied: "We met and we danced, but what is wrong with that? It doesn't mean there is any romance. Why shouldn't I meet many girls . . . there's nothing wrong in that."

Another girl whose name was linked with the king's was that of the Swedish blonde Christina Wachtmeister, who worked as a photographer's model in Paris. The couple's romance lasted for fully three years.

Other girls who have been his companions include 22-year-old Liv Perje from Stockholm and the beautiful Negro actress Monica Peterson, an American who met Carl Gustaf in London. Together they spent a great deal of time in such discotheques and night clubs as Tramps and Annabel's and caused a stir by arriving together at Monica's flat in St. John's Wood at dawn.

Another friend is actress Pia Dagermark, who has known him since she was eight years old. The relationship between the couple was so close that Pia once turned down a joint M-G-M and Columbia contract to make five films for $2,000,000. Her reason was quite clear: If she was going to be the future Queen of Sweden there could be no question of becoming an international actress.

Certainly the couple were very much in love at the time, and although they have since parted, they remain good friends.

However, the favorite at the moment is certainly Silvia Sommerlath and some Swedes believe that their king is already secretly engaged to her.

There are problems for Gustaf. By Swedish law he cannot marry a commoner, and to overcome this obstacle he will be forced to appeal to the Swedish Parliament. This is assuming, of course, that he wants to get married.

Those who know him best say that even though he has become king he may be in no hurry to find a bride. He is having too good a time as one of the most eligible bachelors in the world.

50 HINTS FOR

Whether you are jetting off to exciting places or planning to camp beneath a shady Eucalypt, first recognise the traps involved and learn to avoid them

WITH BETHWYN WEYLAND

WHEREVER they are spent, family holidays can be full of fun and relaxation if a little thought and planning is put into them beforehand. This is especially the case if the family is venturing farther afield than the favorite country or seaside resort for the first time.

More families are choosing adventurous holidays farther from home where they can enjoy different sights and customs, food and entertainment and, in fact, get "right away from it", according to travel consultants from the Bank of New South Wales Travel Service.

The Travel Service has given us some expert advice on how to avoid the traps in travelling and get the most out of a holiday.

- A family holiday abroad can sometimes cost very little more than one in Australia, if advantage is taken of family plan air fares. One such plan for three weeks family holiday in New Zealand allows half price air fares for the mother and children under 18 years.
- Off-season travel is generally even cheaper than family plan fare concessions.
- Package deals for fares and accommodation can cut holiday costs and package arrangements don't necessarily involve travelling in a large group. Itineraries can be flexible and everything is pre-paid.
- Hired campervans, autocaravans and caravans can provide an economical and different family holiday in Australia or New Zealand, but need to be booked well ahead during holiday periods.
- Be a well-informed traveller. Get maps, road guides and information from the motorist organisations, petrol stations, hotels, State government tourist agencies and travel agents.
- If you are planning to go anywhere, either in Australia or abroad, during holiday periods (especially Easter and Christmas) book accommodation and transport well in advance. At least six months booking is preferable, but some people book a year ahead to be sure of getting what they want.

Some places are completely booked out three months before the peak holiday times. During Easter in particular you cannot rely on getting overnight accommodation in Sydney or other large cities or country centres unless it has been booked well in advance. This applies to hotels, motels and caravan parks.

It can be just as difficult to book accommodation and transport overseas during peak holiday periods, particularly in popular tourist places like Fiji or Noumea.

- If going overseas, check what formalities are necessary and start attending to them early, as complications can arise and if you give yourself time you can sort them out without worry.

IMMUNISATION

- It is not necessary to immunise children under 12 months old, but all children under 16 years must be included on one parent's passport, or be issued with their own passport with the consent of both parents.
- If planning an overseas honeymoon, take the marriage certificate with you if the bride is travelling on a passport issued in her maiden name. If a new passport is issued in the bride's married name, it has to be held by the minister until after the ceremony.
- Nationalised Australians planning to holiday in their country of birth should carry their nationalisation paper with them. This avoids the necessity of applying for a re-entry permit before leaving Australia.
- Have your signature sent to the local branch of your bank at your destination, anywhere in Australia and in some foreign countries. This allows you to draw money as it's needed, rather than carry large sums.

Photograph from Grace Bros., Sydney.

- If you lose your travellers' cheques, report this immediately to the local branch of any bank. If it is not your own bank, the branch will still send the message onto your bank.
- Get all your advice on foreign currency and money matters from your bank, not your travel agent.
- Pack easy-care and easy-to-live-in clothes, and don't pack too much.
- Always take a plastic raincoat, a fold-up umbrella and something warm, no matter where you are travelling or at what time of year.
- When overseas take advantage of duty free shops to buy camera film.
- Have your camera checked before you leave to avoid disappointing failures. Simple, fully-instamatic cameras rarely fail.
- If your holiday is a ship cruise, postpone booking day tours until you reach port, or just before. Day tours booked in advance can be difficult to alter and may cause disappointment if another tour is recommended, or you want to join friends on a different tour.
- If the whole family can't leave together for the holiday, special arrangements can be made with airlines for unaccompanied children under 14 years. But these arrangements can increase the child's fare to an adult's fare.
- Don't take your baby in a bassinet on board an aircraft. Personal bassinets and baby carriers have to be carried in the luggage hold. The airline provides bassinets during the flight.

FACILITIES

- As well as the bassinet, international airlines supply everything baby needs during the flight: nappies, safety pins, baby foods, special formulas and a special children's menu.
- Domestic airlines can only be relied on for a travelling bassinet, so pack a bag of necessities yourself.

YOUR HOLIDAY

ABOVE: Campervans provide an economical and different family holiday. If hired, they should be booked well in advance as they are very popular and in great demand throughout the summer season.

LEFT: Portable equipment like this convenient folding table and compact chairs make camping a joy.

• Disposable nappies can't be bought on board a ship or at most Pacific ports, so it's a good idea to carry your own supply. Most ships have a nappy wash service.

• Don't add a bundle of childrens toys to your luggage when going on a ship cruise. Not only do ships have a wide range of toys, children's amusement activities and facilities they also provide special hostesses for child care.

• If travelling with children, check accommodation plans at hotels and on board ship. Some offer adjoining rooms with connecting doors, and one shipping line provides family plan accommodation.

• Most international hotels provide cots, but budget for the usual cot-hire fee of about $1 a night.

• Hire-car travel can be economical and convenient transport for a large family, but compare contract details, such as insurance and free mileage, among different firms. Free mileage can be as low as 50 miles a day.

• If travelling with a child in a hire-car in Australia or overseas, request a safety harness or child's seat. These are provided free of charge in most cases.

• Economy class travel and accommodation doesn't always include the provision of many of life's little necessities, such as washing powder, that come with first class fees. So pack a bar of washing soap rather than soap suds.

• A portable clothes line is handy on board a ship, as clothes can disappear from the special drying rooms.

• As a general rule, the best information on day tours or places of interest can be obtained from the local tourist bureau or government agency once you arrive in a place, rather than from your booking agent before you leave.

Motorist organisations in each State provide a wealth of information to members planning motoring holidays. In NSW the National Roads and Motorists' Association gives expert advice for trouble-free holidays.

• Carry your current driving licence, registration certificate and third-party insurance certificate with you.

• Interstate travellers should check traffic laws, as these vary slightly in different States.

• Choose your caravan carefully — one large enough for the family's comfort, but not too heavy for the car. Most car manufacturers specify, often in the handbook, a maximum towing weight.

• Check your warranty and insurance to ensure that towing does not invalidate the contracts.

• When you set off, check the caravan's coupling connection after the first five miles, and at every future stop.

• When packing the caravan, distribute weight evenly and ensure that all loose gear is securely stowed.

• Know the caravan rules of the road for whichever State you are travelling. For example, in NSW it is an offence for the laden weight of a caravan drawn by a car to exceed the tare (or unladen) weight of the car. If the caravan's laden weight exceeds 15 cwt., a 45 mph speed limit applies. And the law requires caravan drivers to leave 100 yards between their vehicle and other vans or large vehicles outside built-up areas, unless overtaking.

• Before leaving, check the caravan's brakes, couplings, water tanks, electrical fittings, chassis bolts, tyres and wheel bearings.

• Avoid stone damage and keep the forward part of the caravan clean by fitting mud flaps to the car.

• Holiday travel, with heavier loads, greater speeds and higher temperatures, puts a greater strain on your car than does ordinary travel, so have it thoroughly tested and repairs done well before holiday time.

• Check, in particular, that tyres are fault-free to stand up to extra weight and mileage; wheels are properly balanced; the braking system, including the handbrake, is in top condition; the suspension system — shackles, shacklepins, bushes and U-bolts—is working well, and that the lighting system, particularly the stop and turn signals, and the windscreen wipers are in good working order.

• Don't overload the car, as this causes tyre and spring troubles.

• Allow for extra petrol consumption if towing or driving on rough, unmade roads.

• When driving in the outback on rough roads, protect the car's sump and petrol tanks with a suitable guard, remove the hub caps so they won't be lost and fit dust caps over tyre valves.

• Recaps and retreads are not recommended for outback and long distance travel. Nor is letting the air out of the tyres.

• Avoid getting bogged in sand by driving straight ahead. To turn on sand, keep a tight grip on the steering wheel, turn the wheel sharply, then turn quickly back into the previous position.

• Lowering the tyre pressure can help free a car bogged in sand. Otherwise, pack hard materials such as stones, grass and sticks under the rear wheels.

• Carry a supply of concentrated salt tablets, or a small packet of table salt, to help overcome heat exhaustion when travelling during hot months. A salt tablet slowly dissolved in the mouth, or a teaspoon of salt in a glass of water, will help relieve heat exhaustion.

• Carry enough cash or travellers' cheques for buying supplies as you go, as personal cheques are not normally accepted.

• Carry a plastic container of water in the car, and if replenishing water from wells and bores, never mix waters.

• To avoid expensive and time-consuming car repairs, carry spare parts when driving outback.

• Campers should take a portable stove with them. Many good camping grounds have barbecues for outdoor cooking, but they can't be used if a total fire ban is declared.

• Campers' furniture should also include an ice-box and a small cupboard or box to store supplies.

Jackie, Ari (and Rose, too) on the town in Paris

NEW IDEA PICTORIAL EXCLUSIVE

DID Ari Onassis bring his wife Jackie to Paris to buy the Liz Taylor-Richard Burton famous pear-shaped diamond? This is the question being asked by the world's jet-setters, who sought the famous couple's company in France during a recent visit. It also seemed to be a family reunion, with Ari's daughter Christina (by a former marriage) and Mrs. Rose Kennedy (now 83) joining them. Ari was looking into the possibility of buying a top thoroughbred racing stable, and Jackie used the time to go on a shopping spree to Dior and Ungaro — among others — as well as visiting an optician and a shoe shop — wearing her favorite pant suits and shirts.

ABOVE: Jackie was delighted at seeing Rose Kennedy in Paris.
LEFT: Jackie and Ari left the Plaza for Maxim's restaurant.
BELOW: Ari courteously escorts Rose into the famous restaurant.

ABOVE: Jackie wore her favorite Valentino shirt when she went shopping in Paris recently. LEFT: This white silk cuffed tuxedo was the talk of Paris — Jackie wore it out in the evenings.

ABOVE: Jackie visited Dior's boutique before going to Ungaro's for clothes. BELOW: Ari took Rose and Jackie to Paris' newest night club, the Prive.

HOW TO MAKE A DOLLS' HOUSE

IT'S FUN TO CREATE THIS MAKE-BELIEVE WORLD TO GIVE TO SOME LUCKY CHILD

DOLLS' houses have an enchantment of their own which neither young nor old can resist. Crammed with finely detailed miniature household objects, they bring hours of contented play to children, and provide a relaxing hobby for adults who can enjoy discovering and making the tiny articles to fill them.

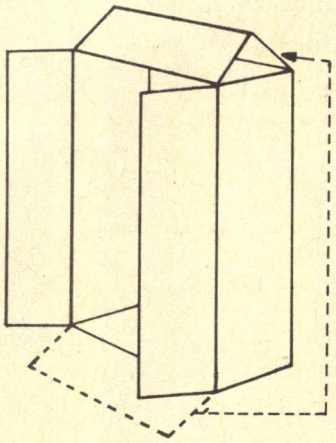
Making and equipping a dolls' house can be done with hardly any outlay of money. The instructions we give here are for making a solid cardboard house, but a wooden house can be built by the same method if you adapt it to your different materials.

Most dolls' houses are really no more than cupboards divided into various compartments, and enclosed by a door or doors. It is easy to make a strong, interesting-looking dolls' house out of an ordinary cardboard box. No special tools are needed, and all the necessary materials can be found lying about at home.

The sort of box to look for is the kind used for packing groceries or other goods. A good size for a two-roomed dolls' house is one approximately 18 in. long, 7 in. deep and 9 in. wide. It is important that it should be made from firm, light cardboard which has a corrugated layer sandwiched between two smooth layers. Once you have made a house from a box like this, you can go on and try more complicated shapes.

If you stand the box on end you can see that it is the foundation of a tall, narrow house; the long flaps will become the doors, one of the short flaps bends back to make the front slope of the roof, and the other short flap is cut off and joined on to make the back part. (See Diagram 1.)

DIAGRAM 1



Materials:

Penknife or cutting tool with renewable blades
Scissors
Ruler and pencil
Wallpaper paste
Roll of strong brown paper
Strip or adhesive tape
Strong glue
Odd pieces of cardboard the same weight and thickness as the main box
Pieces of white and colored paper — odd lengths of wallpaper, gift-wrapping paper or shelf paper; some thin white card for door and windows
1 yd. strong white tape 1½ in. wide for the door hinges
Paint brush and a bottle of Indian ink, or felt pen, for drawing windows and doors
Two empty match boxes and two corks, for the chimney
Oddments of felt, woollen material or adhesive paper for floor coverings
If possible, a brass-headed paper fastener, a short length of narrow cotton lace, a plastic or paper doily, a sheet of paper printed with miniature red bricks, which can be bought sometimes at model shops.

Method:

1. Cut off the two long flaps and one of the short flaps, keeping the edges as straight as possible.
2. Bend back the remaining short flap to form half the roof. Attach the other short flap with short lengths of wide adhesive tape to make the other half. (Diagram 1.)
3. From odd pieces of cardboard, or from a second box, cut two triangles to fit into the spaces (the gable) under the roof. Attach the gables with more adhesive tape.
4. Divide the house into two rooms, one up and one down, by marking the half-way point on all three walls. Cut thin strips of cardboard from odd pieces and stick these, with strong glue, round the inside of the walls at the half-way level. This will form a ledge on which to rest the floor of the upstairs room. It is important to measure carefully or the floor will slope.

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BELOW: There is magic in the transformation from cardboard boxes to enchanting dolls' houses.

RIGHT: Fit for the most fastidious occupant, the beautiful interior will also give great satisfaction to its clever creator.

RELAX – IN FINE STYLE

THESE TWO NEEDLEPOINT TAPESTRY CUSHIONS AND A TRADITIONAL CHAIR SEAT WILL MAKE REALLY DELIGHTFUL ADDITIONS TO ANY HOME

THREE CAT CUSHION

(Pictured below)

MATERIALS:

2 oz. hard-wearing double knitting wool in dark blue (for background), stranded cotton, 1 skein each cream, gold, orange, yellow, green, grey and black (for faces); a variety of embroidery and knitting wools in white, and shades of yellow, orange, brown and grey (for remainder of embroidery); piece of raffia canvas 14 x 18 ins. (36 x 46 cm), 10 threads to 1 in. (2.5 cm); ½ yd. (46 cm) furnishing velvet or any other suitable fabric in dark blue, 48 ins. (122 cm) wide; a cushion pad, 12 x 16 ins. (31 x 41 cm); tapestry needle.

DIAGRAMS:

Diagram A gives the design for cats with the position of the various stitches. The background lines on the diagram represent the threads of the canvas.

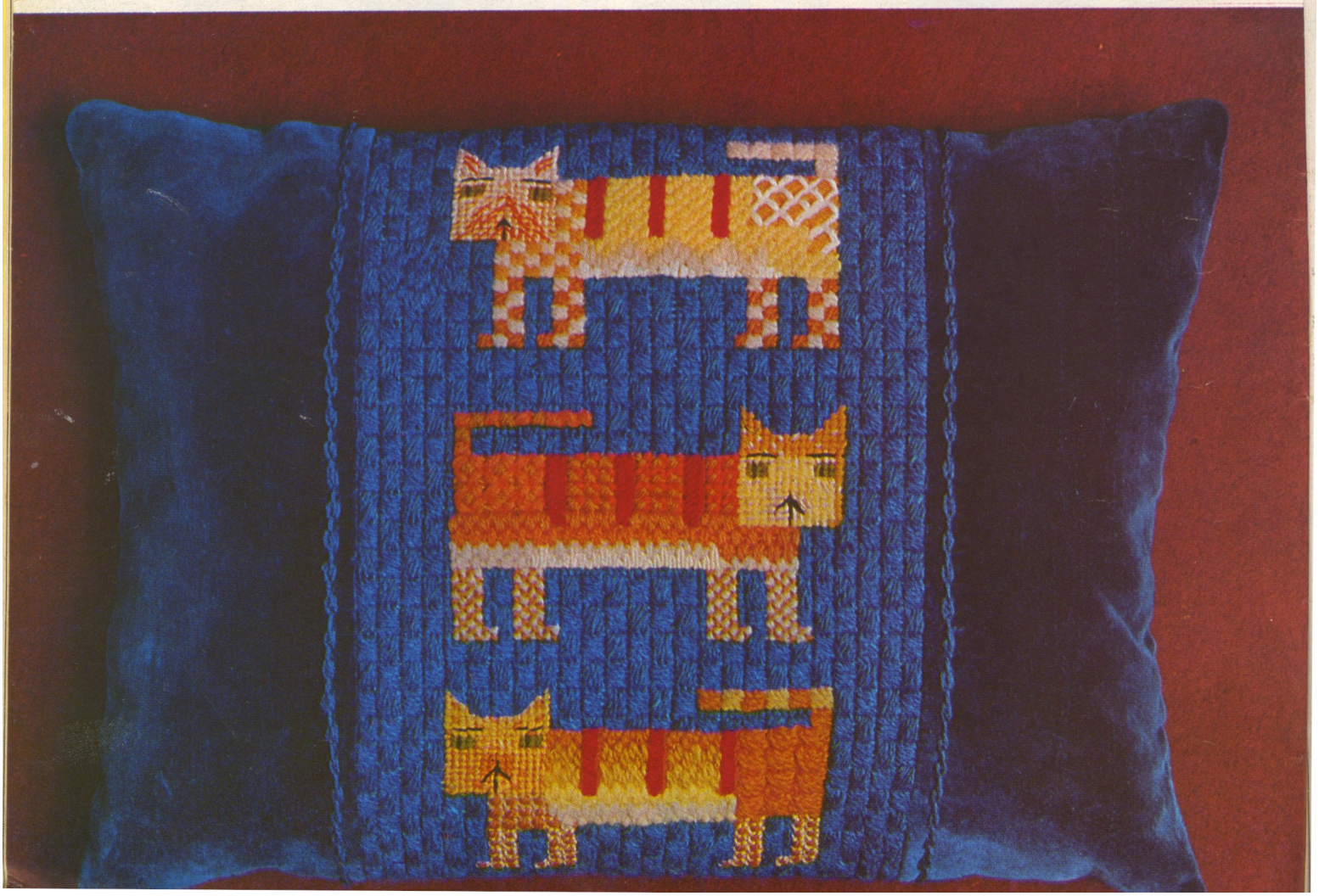
Diagram B gives a guide to the thread colors used throughout the design.

Diagram C shows knotted cable chain stitch: work from right to left. Bring thread through at A and place it along the line of the design, then, with the thread under the needle, take a stitch at B, pass the needle under the stitch between A and B without piercing the fabric (as shown at C). With the thread under the needle, take slanting stitch across the line at D, close to the knot just formed. Pull the thread through and continue in this way along line of work.

TO MAKE:

Note. This design shows a natural form being reduced to simple geometric shapes.

Use 12 strands of stranded cotton throughout. Mark the centre of canvas both ways with basting stitches. Prepare canvas and mount it if



you are using a frame. Work embroidery, following stitch key and diagram A for position of stitches and color key and diagram B for thread colors. The blank arrows mark the centre and should coincide with your basting stitches.

Flat stitch used for the background consists of 6 individual stitches and is worked as follows: work stitches in turn over 1 intersection of the canvas threads, then over 2, then over 3, work another stitch over the same 3 vertical threads, but drop to the intersections below, then continue in the usual way, working first over 2 intersections, then finally over 1 intersection.

TO COMPLETE

Stretch canvas if necessary. Trim to within 1 in. of embroidery. Cut fabric into 2 pieces, each 5½ in. by 14 in. (for side panels), cut one piece 18 ins. by 14 ins. (for back of cushion).

With right sides facing, stitch each side edge of embroidered panel to one fabric side panel, lining up edges and stitching close to the embroidery.

When both side panels are stitched in position, lay whole section flat and work a vertical row of knotted cable chain stitch on either side of centre panel. Use dark blue wool to match background of embroidery, and work line of stitches about ¼ in. from the embroidered panel.

Place back and front of cushion together, right sides facing, and taking 1 in. turnings, stitch around 2 long sides and one short side. Turn right side out, insert cushion pad, and turn in 1 in. seam allowance along remaining short side. Slip-stitch neatly together.

FLORENTINE CUSHION

(Pictured right)

MATERIALS:

Coats Anchor Tapisserie Wool, 10 skeins Petunia (dark) 0417, 3 skeins Cyclamen (dark) 089, 2 skeins Cyclamen (light) 085, 2 skeins Brown (medium) 0379, 2 skeins Brown (dark) 0381, 1 skein Petunia (light) 095, 1 skein Beige (light) 0376, and 1 skein Beige (medium) 0377; ½ yd (46 cm) single thread tapestry canvas, 23 ins. (58 cm) wide, 18 threads to 1 in. (2.5 cm), ½ yd (46 cm) velvet or similar medium weight fabric, 36 ins.

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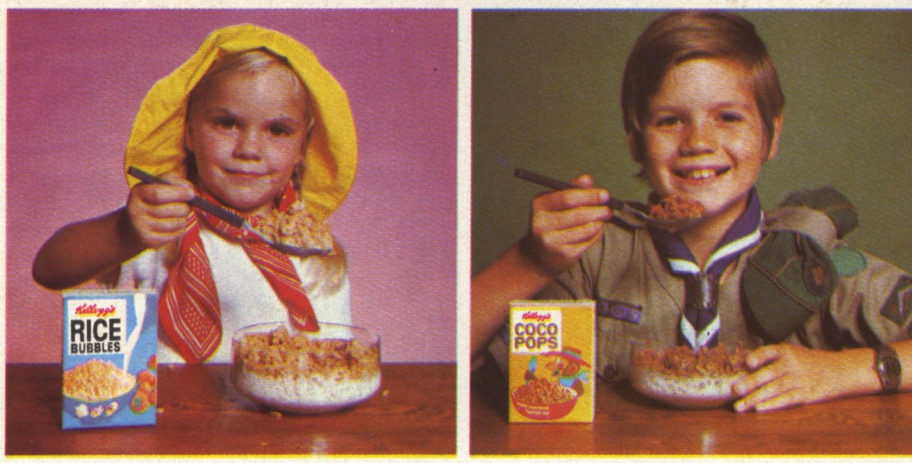

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RELAX — IN FINE STYLE

Continued from Page 15

(91 cm) wide, to match dark Petunia Tapisserie Wool; a cushion pad approx. 14 ins. (36 cm) square; 2 yds (182 cm) cord, ¼ in. (5 mm) thick, to match fabric; tapestry needle.

STITCH:
Florentine (each stitch taken across number of horizontal threads of canvas as indicated on diagram A).

DIAGRAM:
Diagram A gives just under one quarter of design. The background lines on the diagram represent the threads of the canvas. To facilitate counting, every tenth background line has been made a little heavier.
Note — This design has been separated into two sections. Both sections should have centre edges placed together to give complete diagram A.

TO MAKE:
Mark the centre of canvas both ways with a line of basting stitches. Also, to facilitate counting, mark off threads in groups of 10. Prepare canvas, and mount it if you are using a frame.
Commence embroidery centrally at crossed basting stitches and work the section of the design given on diagram A following color key and diagram A — be sure to take each stitch across the correct number of threads as indicated on diagram.
The blank arrows on the diagram mark the centre and should coincide with your basting stitches. Complete first quarter of the design by working background (dark petunia) to fill remaining area of canvas below section as given in diagram (i.e., 19 more threads of the canvas). Work other three quarters of the design to correspond.

TO COMPLETE:
Stretch canvas if necessary. Trim canvas to within 1 in. of embroidery. Cut a piece of backing fabric the same size as trimmed canvas. Place canvas and fabric pieces together, right sides facing, and sew close to the embroidery, round three sides. Turn right side out. Insert pad and turn in seam allowance along remaining edges. Slip-stitch neatly together. Sew cord in position round the side seams, making a loop at each corner.

TRADITIONAL CHAIR SEAT

(Pictured above)

MATERIALS:
Coats Anchor Tapisserie Wool, 16 skeins Black 0403, 2 skeins Cream 0386, 2 skeins Pale Pink 0894, 1 skein each of Carnation 023, Raspberry (medium) 069, Raspberry (dark) 071, Muscat Green 0281, Canary 0288, Forest Green (light) 0859, Forest Green (medium) 0861, Forest Green (dark) 0862, Mid Pink 0895 and Dark Pink 0896; ⅝ yd. (57 cm) double thread tapestry canvas, 27 ins. (69 cm) wide, 10 holes to 1 in. (2.5 cm); a chair with an inset seat pad; tapestry needle; upholstery tacks.

DIAGRAM:
Diagram A gives a little over a quarter of the pattern motif. Each background square on the diagram represents the double threads of the canvas.

TO MAKE:
Mark the centre of canvas both ways with a line of basting stitches, then mark out total area of embroidery to fit seat pad. Prepare canvas and mount it if you are using a frame.
Work embroidery, following diagram A and color key. The blank arrows on the diagram mark the centre and should coincide with your basting stitches. Work other three quarters to correspond. Complete background in black.

TO COMPLETE:
Stretch canvas, if necessary. Place the embroidery right side up centrally on the chair pad, fold back the unworked border of canvas and secure in position on the underside with tacks.

From the book The Creative Art Of Needlepoint Tapestry by Joan Fisher. (C) Copyright the Hamlyn Publishing Group 1972; published by Paul Hamlyn Pty. Ltd. Recommended price $3.95.

Diagrams for Three Cats Cushion are on Page 67
Diagrams for Florentine Cushion are on Page 68
Diagrams for Traditional Chair Seat are on Page 69

HAPPY NEW YEAR SAVORIES

Tasty dips and snacks, served on your best china, are ideal to serve visitors when they pop in for a drink

Anne Marshall's cookery school

NEW YEAR falls fast upon Christmas and it is a time for feasting and celebration. But it is also a time which makes demands on a busy hostess. When people pop in for a Happy New Year drink, it is also nice to offer them delightful home-made cocktail savories or canapes to accompany their drinks. You do not have to go to a lot of trouble and prepare a feast for people and well-wishers who pop in for a New Year drink. But a few delectable savories are irresistible. Make sure they have a lot of eye appeal and flavor, and serve them with elegance on your best glass or silver or stainless steel. I am giving you a few ideas for some delicious canapes in my column this week, plus two cold and two hot dips. It is not necessary to serve them all, unless you are throwing a cocktail party, but it might be a good idea to plan to prepare one or two of these for New Year, and include the necessary ingredients in your shopping list accordingly. A happy New Year to all of you.

ANNE MARSHALL

COCKTAIL CANAPES

Bases:

Home-made croutes may be prepared a few days in advance, as a base for canapes, and stored in an air-tight tin or plastic container when cold. The most pleasant base in flavor and texture is a fried bread croute.

A large, medium-sliced white loaf will yield 100 croutes, as there are approximately 25 slices per loaf and you may cut four croutes out of each slice. Use a small sharp round pastry cutter for the croutes or cut each slice into four squares or diamonds after trimming off the crusts.

Heat sufficient vegetable oil or vegetable margarine in a heavy based frying pan, about 5 mm (¼ in.) deep, and fry the bread until crisp and just golden brown, turning over once. Drain well and store when cold.

Pumpernickel croutes are an excellent base with certain foods as the flavor complements sharp foods such as smoked salmon or brisling (baby sardines). These are available commercially and there are approximately 30 rounds per packet.

Crispbread croutes are also available commercially in 80 g (2½ oz.) packets of 36 croutes. Their crisp texture is complementary to pate and savory spreads.

Toppings:

- Pipe rosettes of Philadelphia cream cheese onto fried bread croutes. Garnish with a caper and sprinkle lightly with paprika pepper.
- Spread salmon spread over fried bread croutes. Arrange four canned baby shrimps on top and garnish each with a small lemon segment, a caper and a tiny sprig of parsley.
- Spread salmon spread over pumpernickel croutes and top with a small roll of thinly sliced smoked salmon. Garnish each with a small lemon segment and a tiny sprig of parsley.
- Spread a thin layer of mayonnaise over pumpernickel croutes and top with a small piece of canned brisling (in oil). Garnish with red caviar, a tiny lemon segment and a small sprig of parsley.
- Spread pate de fois gras onto crispbread croutes, shaping it into a pyramid and top with chopped black olive.
- Spread commercial devilled ham spread onto crispbread croutes, shaping it into a pyramid and top with half a stuffed green olive.

CAVIAR CREAM CHEESE BALLS

250 g (8 oz.) Philadelphia cream cheese
2 teaspoons lemon juice
Salt
Freshly ground black pepper
60 g (2 oz.) each red and black caviar

Mix cream cheese in a small bowl with lemon juice and salt and pepper to taste. Chill in refrigerator until firm.

With cold hands, roll small teaspoons of mixture into balls and roll half the balls in red caviar and half in black caviar, until well coated. Serve chilled. Makes 30.

PRAWN DIP

500 g (1 lb.) prawns
150 ml (¼ pint) cream
150 ml (¼ pint) tomato sauce
½ teaspoon Worcestershire sauce
2 teaspoons lemon juice
Potato crisps (chips) for dipping

Peel and devein prawns and cut into 1 cm (½ in.) pieces.

Whip cream until stiff and fold into tomato sauce. Stir in Worcestershire sauce, lemon juice and prawns.

Place in a serving bowl, cover and chill in refrigerator until ready to serve. Serve with potato crisps (chips) for dipping.

Note: This dip should be prepared only a short time before serving, otherwise it loses its stiff consistency.

CHEESE AND WALNUT DIP

250 g (8 oz.) Philadelphia cream cheese
4 tablespoons milk
1 tablespoon grated onion or chopped chives
Salt
Freshly ground black pepper
60 g (2 oz.) (½ cup) walnut halves, finely chopped
Celery, radishes and carrots

Place cream cheese in a small mixing bowl and beat with a wooden spoon until smooth. Add milk and mix until smooth. Add onions or chives, salt and pepper to taste and mix well.

ABOVE: Cocktail Canapes, Prawn Dip, Caviar Cream Cheese Balls (recipes on these pages) and nuts and olives taste as good as they look, and are so easy to prepare. Plan to serve these at New Year — you can make some in advance and refrigerate them until needed.

Lastly, fold in the walnuts.

Serve dip chilled with celery sticks, crisp radishes and carrot straws for dipping.

CHILLI MEATBALLS WITH HOT CHILLI SAUCE

1 egg
3 tablespoons water
125 g (4 oz.) (1 cup) Cheddar cheese, grated
45 g (1½ oz.) (½ cup) dry breadcrumbs
1½ teaspoons chilli powder
1½ teaspoons salt
500 g (1 lb.) finely minced topside steak
Paprika pepper for garnish

Beat egg and water together in a mixing bowl and stir in grated cheese, breadcrumbs, chilli powder and salt. Add minced steak and mix all together with a clean hand.

Roll mixture into 2.5 cm (1 in.) balls with wet hands and place in a baking dish or roasting tin. Cook in a moderate oven at 180-190 deg. C (350-375 deg F) for 20 minutes or until cooked and well browned.

Serve hot with hot chilli sauce (recipe below) for dipping. Makes 30-36.

250 ml (8 fl oz.) (1 cup) tomato sauce
150 ml (¼ pint) water
1 tablespoon chilli powder
½ cup grated onion
½ teaspoon dried marjoram
½ teaspoon dried thyme
1 tablespoon sugar
1 teaspoon coarsely crushed black peppercorns

Put all the ingredients into a heavy-based saucepan, cover and simmer gently for 20 minutes. Serve hot with chilli meatballs.

HOT LEMON DIP WITH CHIPPOLLATAS

125 g (4 oz.) butter or margarine
1 clove garlic, crushed
30 g (1 oz.) (2 tablespoons) plain flour
30 g (1 oz.) (1 tablespoon) sugar
¼ teaspoon salt
Freshly ground black pepper
½ teaspoon dried thyme
¼ teaspoon tabasco sauce
6 tablespoons lemon juice
Finely grated rind of 1 lemon
150 ml (¼ pint) chicken stock, use a stock cube
500 g (1 lb.) fried or baked chippollata sausages

Melt butter in a heavy-based saucepan over a medium heat, add garlic and stir in the flour and cook gently for a few minutes.

Stir in the remaining ingredients, cover and simmer gently for 15 minutes.

Serve hot as a dip with hot chippollata sausages.

THE MALVIE INHERITANCE

BY PAMELA HILL

The great house on the Scottish coast lay empty, its rightful heir banished. But Morven Doon knew he would return to Malvie one day. Would Annabel be his bride then, or would Livia sit beside him at the long table? Our dramatic new serial

ON a still, sunny afternoon in late May, Annabel Doon, the young heiress of Malvie, sat in her Aunt Retford's flower-garden at the nearby dower house, the Mains, in the shelter of a great and ancient yew-arbor.

A tangle of colored silks lay nearby on the arbor-seat and Annabel reached down, selecting a blue thread and inserting it in her needle. She was engaged on a tester, which when completed was to be stretched, lined and hung above one of the beds at Malvie, when the great house should be opened again for them all to live in.

Aunt Retford had promised that, if little more, and would no doubt fold away the completed tester with the matching chair-seats, footstool, fireguard-panel and other such objects Annabel had already completed.

The girl's mind, briefly rebellious, wondered how much longer Malvie would have to remain closed. Papa had been dead now for almost three years.

The tears pricked, interfering with any clear view of the design of leaves, flowers and pomegranates Aunt Retford had chosen, whose centres Annabel was at present filling in with Jacoby-stitch. Papa had loved her less than her cousin Morven, because she was a girl and they had little about which to converse; but he had been kind, and had allowed Annabel to run wild and, as long as there was any money, to ride a pony.

One of the first things Aunt Retford had done, after turning Morven away from the door of Mains, later, was to sell the ponies; Annabel flushed now with indignation, remembering.

There was nothing at all she herself had been able to do about it, neither tears nor, in those days, temper being of any avail. Young girls, Aunt Retford had said, must learn their manners and their stitchery, not romp about the countryside like hoydens, and so Annabel, still red-eyed for Papa, had been whipped, then strapped into a back-board to prevent her developing a stoop, and put to master samplers.

They were, by now, a welcome enough way of passing the days, which, as Aunt Retford kept small company, were lonely.

The sun shone on irreverently, prevented from freckling Annabel's roseleaf skin by the clipped, solid presence of the yew-arbor. This was so old it must have been there before the dower-house was built, perhaps even before some parts of Malvie.

By contrast, in its dark stern frame, Annabel herself seemed ephemeral and young; a very young girl of 14, attired in a carefully-ironed white muslin gown with pale blue ribbons, exactly the shade of the small satin slippers she wore, whose heels were flat.

It was necessary, Aunt Retford said, always to be dressed ready to receive any company by noon, whether or not the company ever came. The Mains was 11 miles from the nearest post-road and it was unlikely any company would, except Uncle Hubert who at times rode over; and he had come less often of late.

Annabel stared down at her dress, reflecting that next time it was washed, a new laundry-maid would again have to be found. These were hard to come by, and Aunt Retford had said she might, this time, try the Grattan orphanage 40 miles off for a waif trained to domestic service.

These were not always available, and one had to wait; meantime, Mrs. Betts, the cook, would no doubt do Annabel's gowns. One must not, of course, even if the new arrival were one's own age, consort with maidservants. There were a great many things one must not do.

She had once, long ago at Malvie, run barefoot about that hill of grass lying now beyond the trim hedge, to where Morven was waiting then; and together they'd sat down on the woodland moss and looked at the white wild garlic, just in flower. It seemed long ago.

Morven . . . she'd hardly seen him this year, or perhaps last. What was he doing now? Taking the boat out into the bay, holding the irons for old Aaron Judd, the blacksmith, with whom he lived now at the smithy-cottage, having unclassed himself as Aunt Retford, said, by doing so?

But what else could poor Morven have done, with Malvie closed and no roof over his head, after Aunt Retford said she would have none of him at the Mains? Morven was too wild to live with them, Annabel had been told; it was too much responsibility for a lone widow-woman. But there was more, far more, to it than that.

She herself was not permitted to go and visit Morven, any more than he was allowed to come to the Mains. The blacksmith's cottage was no place for a young lady, Aunt Retford said predictably; in addition, certain matters took place there one should not know about.

Certain matters . . . "It will be the smuggling, a part of it," Annabel thought, without undue concern. Everyone, Papa when he was alive, and Sir Hubert Melrose, her own maternal uncle, who was a Justice of the Peace over at Maddon, and the parish-minister, and Aunt Retford herself, all bought brandy and, in the case of the gentlemen, pipe-tobacco in such ways because it was cheaper, and saved tax. "Their wives get French lace," Annabel reflected.

If Morven was smuggling sometimes, then it was quite understandable, she thought. He had nothing else to do, and no money.

A low whistle, which might have been a blackbird's, came at that moment from beyond the hedge, across the remembered rise of blowing grass. Morven would be up there, inexplicably waiting for her, his thin face expressionless, his eyes dancing.

ILLUSTRATED BY EILEEN ROBERTSON

How could she go? How could he even expect it, so long it was since she'd had word with him, so that it was almost as if a stranger called her to come? Once, a year ago, perhaps, when she was still a child, it might have served; but now, she was a young lady.

Annabel changed color, and dug her needle into the cloth with such force that the point stabbed her finger. Persons like Morven thought everything stayed the same. They didn't know how people like herself had to alter.

The blackbird's call sounded again. Morven wasn't used to being kept waiting. In the days when they had been together at Malvie, she'd always obeyed him when he whistled, on the instant. Morven was the elder, Papa had told her, and one day she was to be his wife.

There was, she knew already, a thin place at the back of the arbor where one could wriggle through. At first when she had come here, a wild and undisciplined child from Malvie, she had done exactly that, emerging with crumpled clothes and her hair full of spiders and beetles into a briefly recaptured world of grassy freedom.

Aunt Retford had seen it and sent Betts to catch her and he'd brought her back at once, and the whipping she'd had still made Annabel's cheeks feel hot, remembering. It wasn't, when all was said, worth risking that again; especially now she was 14.

The whistle . . . Morven knew about how she was treated here; it wasn't fair. It was as though he deliberately tried to get her into trouble, to laugh at her

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WAITING FOR BABY

STARTING THIS WEEK — A PREGNANCY GUIDE IN THREE PARTS . . . EMPHASISING HOW TO ORGANISE YOUR LIFE FOR THOSE NINE VITAL MONTHS

FIRST MONTH

ONE of the nicest aspects of expectant parenthood these days is that it's planned. Not the baby necessarily — the baby still comes as a surprise sometimes — but the entire approach to becoming parents.

Chances are you and your husband have been married for a while and have been taking advantage of the freedom your style of life permits. No babysitters to worry about — maybe even two incomes to live on. With a baby on the way or in the planning stages, you'd better consider how this newcomer will affect your marriage.

Make sure you both know what you expect from each other as parents. If your expectations are miles apart, now is the time to straighten out misunderstandings. If your husband has no intention of changing nappies, feeding, or caring for an infant, better discuss it now, not later.

But don't be too rigid or inflexible. The reality of a baby in the house tenderises the most unlikely fathers. And motherhood does make its mark.

As far as finances are concerned, if you've been used to living on two salaries, a cutback may mean a setback unless you are prepared. You might get ready for the difference by starting right now to live on one salary and bank all of the other.

SECOND MONTH

This is the month when you will first meet experts on the subject of your pregnancy. Most women who have had a baby believe themselves, by virtue of their personal experience, to be qualified experts.

Your doctor is the one who should be doling out personal prescriptions. If something is troubling you, ask him. Feel free to talk to him about whatever is on your mind, whether it's medical or strictly personal.

For some women the first three months are the most difficult. They are fatigued easily and experience some of the uncomfortable symptoms of pregnancy such as the infamous "morning sickness." These problems will disappear almost miraculously as you begin the fourth month. Grin and bear it for now.

You may find that your moods fluctuate rapidly. This too is typical of early pregnancy, and with your husband's good humor it should pass.

To get off to the right start, take your husband along on one of your early doctor visits. Chances are he will be interested and eager to participate. He can be a great help to you during the following months if he is involved. Don't make the mistake of excluding him from the planning stages.

There has been a lot of informative publicity about the natural childbirth method where the husband is present in the delivery room. You and your husband will want to discuss this with your doctor if it interests you. Ask your doctor about classes in preparation for childbirth and baby care conducted by organisations in your area. These classes can be very reassuring to couples unfamiliar with hospitals and babies.

YOUR DIET

It is not true that a pregnant woman must eat for two. But this is not the time to go on a crash diet either. Learn to eat adequately and sensibly and learn the components of a well balanced daily intake including ample protein in fish, meat or poultry, green leafy vegetables and fresh fruits. It is not the time to depend on snack foods with deficiencies made up with vitamin tablets.

To insure a well balanced diet the following list includes the basic needs for one day.

- Milk — 2 to 4 glasses a day.
- Meat, fish, or poultry — at least one good serving or two if item 3 is omitted.
- Cheese, eggs, dried peas, beans or peanut butter — one serving.
- Vegetables — two servings a day: at least one leafy green vegetable such as spinach or silver beet; also recommended is broccoli, marrow, carrots.
- Fruits — two servings, one of which should be orange, grapefruit or tomato.
- Bread or cereal — several slices of bread (wholegrain or enriched white) or cereal.
- Potato — one.
- Butter or margarine.

SAMPLE DAILY DIET

BREAKFAST: Fruit or juice — orange, grapefruit, tomato. Egg — one. Bread or cereal. Milk, coffee, tea or cocoa.

LUNCH: Cheese, eggs, peanut butter, meat or fish — one portion. Bread, one slice. Salad or vegetable. Fruit — apple, pears or orange. Milk.

DINNER: Meat, fish or poultry — one portion. Potato or occasionally rice, noodles or macaroni. Vegetables — two. Salad. Bread and butter. Fruit or dessert. Milk or coffee.

SNACK: Glass of milk. Fruit.

The best way to cope with morning sickness is to remember that it goes away — sooner than you think. Morning sickness disappears gradually and is usually totally gone by the fourth month. Fortunately it does not affect all pregnant women.

One common prescription for this condition is to eat only small amounts at frequent times rather than the three-meals-a-day. Do not eat anything that doesn't appeal to you, and if cooking makes you feel queasy, ask your husband to take you out to dinner until you feel better. Keep dry biscuits by your bedside and eat one or two before getting up in the morning. Then rest a few minutes while you digest them.

Ask your doctor for his advice. He'll want to know about your symptoms, especially if you are losing weight. He may consider prescribing something to help.

Are you having stomach upsets? It should make you feel better to know that heartburn has nothing to do with the heart. This symptom, a burning sensation in the lower chest and stomach, is due to stomach acids and is a type of indigestion. Eliminate rich, greasy foods from your meals.

Varicose veins come from the stress and strain of pregnancy and appear in the legs and feet, although not usually in the first pregnancy. You'll want to take precautions if they run in your family. One of the best remedies is the constant use of elastic pantyhose or stockings. Never stand when you can sit, never sit when you can lie down, and whenever possible keep your legs elevated above the level of your hips.

THIRD MONTH

You have no obligation to announce your pregnancy immediately — but don't wait too long. It's better to give out the news than to encourage gossip by trying to disguise a swelling figure. Tell your boss first, before you spread the word to your friends at the office. He will appreciate your courtesy. If you want to stay on the job, discuss this with your employer after you've talked to your doctor.

You may not be "showing" yet, but it's a good time to survey the shopping scene, discovering the styles and prices of maternity fashion.

CANS AND CAN'TS

Travel: Unless under doctor's orders not to do so, travel need not be curtailed, but for long distances, choose the most comfortable means. In the last month it is not advisable to go far from home. After seven months, an airline usually requires a letter from a doctor permitting travel. On long car trips, stops for exercise should be made every two hours.

Smoking: Now is the time to give it up if you can. Recent studies have shown that pregnant women who smoke heavily have children of lower birth weight.

Alcohol: You can drink in moderation but remember alcohol is high in calories so it is better not to.

Drugs: Check with your doctor before taking any drugs while pregnant. He may not want you to take even the most common medication available over-the-counter.

YOUR WARDROBE

What you will need in your maternity wardrobe will depend on the demands of your lifestyle. If you are working, you'll have to invest in or make a couple of tailored outfits to wear to the office as well as some comfortable clothes to relax in. Those special-occasion dresses, such as cocktail or formal wear, are not "must haves". You would be wiser to wait for an invitation before buying one of these.

Discuss a maternity budget with your husband. You won't want to be extravagant for the few months you'll be wearing the clothes, but you'll find that just the minimal essentials mount up very quickly. By the third month you may find that you need to switch to a maternity bra. The bustline expansion is one of the first figure changes that occur in pregnancy.

If this is your first baby, you probably won't get into maternity clothes until the middle of the fifth or the beginning of the sixth month. In later pregnancies you "show" sooner and need maternity clothes by the fourth month or even earlier.

In shopping for clothes don't use the rationale that you will wear the outfit after baby is born. No matter how chic the maternity fashion while you're expecting, somehow after the pregnancy that little loose shift just doesn't hang right.

You can save yourself a lot of money if you are handy with a sewing machine. Get a pattern that is flattering to you and make it in two different versions — perhaps one in a plaid fabric, the other in a plain with wide braid and a turtleneck collar. With a little help from generous friends you may be able to borrow some maternity clothes.

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BABY HOROSCOPE

MONTH	BIRTHSTONE	FLOWER
January	Garnet	Carnation
February	Amethyst	Violet
March	Aquamarine	Sweet Pea
April	Diamond	Jonquil
May	Emerald	Lily Of The Valley
June	Pearl	Rose
July	Ruby	Larkspur
August	Peridot	Gladiolus
September	Sapphire	Aster
October	Opal	Calendula
November	Topaz	Chrysanthemum
December	Turquoise	Narcissus

AQUARIUS The Water Bearer January 21 to February 19	**TAURUS** The Bull April 21 to May 21	**LEO** The Lion July 23 to August 22	**SCORPIO** The Scorpion October 24 to November 22
PISCES The Fish February 20 to March 20	**GEMINI** The Twins May 22 to June 21	**VIRGO** The Virgin August 23 to September 23	**SAGITTARIUS** The Archer November 23 to December 21
ARIES The Ram March 21 to April 20	**CANCER** The Crab June 22 to July 22	**LIBRA** The Scales September 24 to October 23	**CAPRICORN** The Goat December 22 to January 20

PICTURES POSED BY MODELS.

LADIES IN WAITING

ABOVE: Large buttons accent the front opening of this very feminine dress with contrasting spotted voile trims on the pocket, puff sleeves and yoke.

RIGHT: Look as pretty as a picture and so cool in this smock length dainty voile top with a gentle U-neckline, old-world sleeves and unusual yoke.

BE RADIANTLY PRETTY IN THESE COOL MATERNITY FASHIONS

Prospective mothers are no longer a forgotten race, forced to disguise their "interesting condition" in assumed invalidism and unbecoming, voluminous clothes. Today they are a happy, healthy lot, well informed, with feet on the ground and totally attractive in cool, comfortable in-fashion clothes like these by Jellybaby. They are available in all States.

RIGHT: This denim style with its deceptively simple cut is right in the fashion picture. The evergreen shirtmaker look is highlighted and softened with contrast rick-rack trimming the bodice and new length sleeves.

FAR LEFT: Pass the waiting hours pleasantly in this flattering floral dress with its wide, shirred sleeves and contrast stitched yoke for added charm.
LEFT: Popular denim features in this pantsuit with contrast colored appliqued flowers on a shirt styled top.

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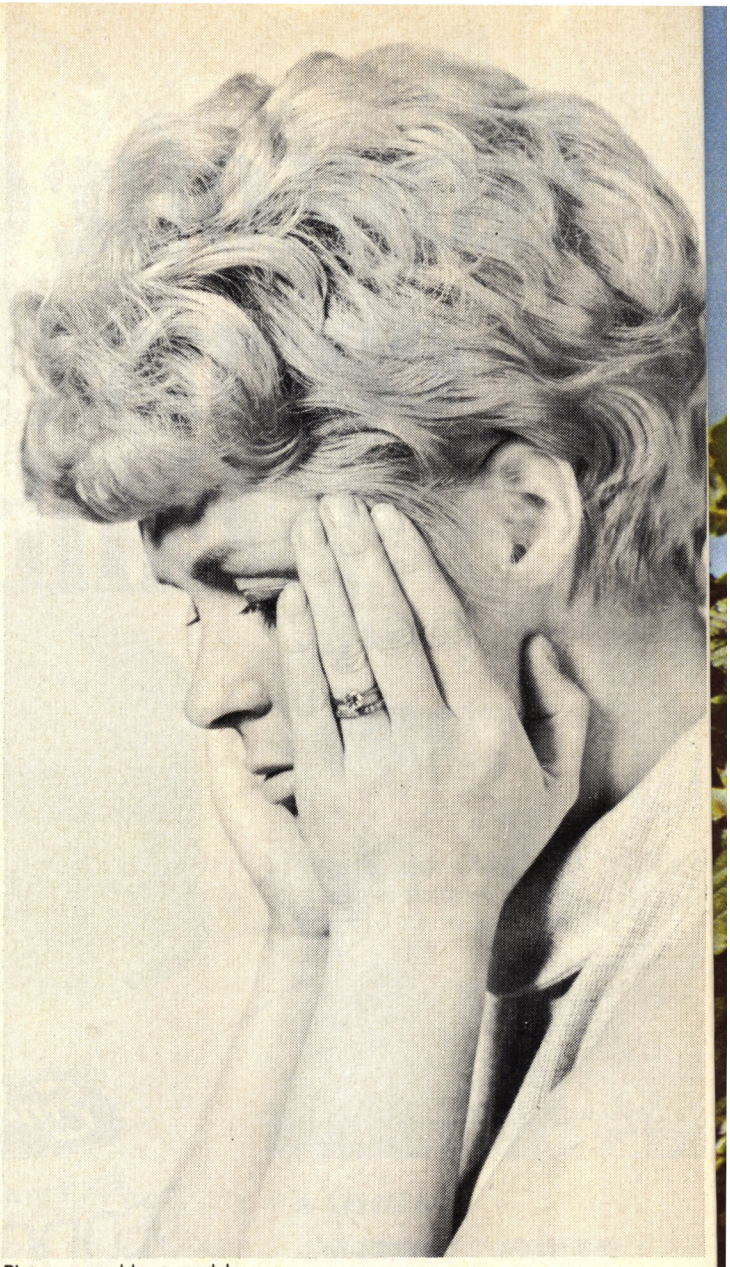
COL 26

ENZYMES LINK WITH HEADACHE

Doctors must first isolate the offending enzymes to diagnose the complaint and determine correct treatment



Picture posed by a model.

Our family doctor

A READER'S relative suffers from headaches and has been told that she has an "imbalance of enzymes". What is the explanation of this condition?

ENZYMES are the body's catalysts. One or other kind are responsible for the infinite variety of chemical reactions that take place within the body. These range from the conversion of sugar to obtain energy, to the building of proteins that make up the various tissues and organs of the body.

For this reason enzyme disturbances can result from many different kinds of upsets. For example these upsets can be in the liver or muscle or bone. In certain conditions of these parts there are associated disturbances of enzyme activities.

Because these conditions are very different from each other, it is not possible to say what the disturbance is without knowing exactly what kind of enzymes are involved.

SKIN INFECTION

A READER asks why some pimples leave a lump under the skin after the infection has subsided. What can be done for them and the associated bluish-purple mark?

A PIMPLE is an infection in the skin, up to about 3/16 of an inch. Beyond this size it is getting into the range of a boil.

Pimples, particularly on the face can be associated with a blocked sebaceous gland and this leads to a small cyst which can remain for some time after infection has gone.

The lump remaining after a boil is due to inflamed tissues that have to be repaired.

Bathing frequently with hot water containing a good antiseptic can help prevent too big a lump from forming and also help one already present to subside.

If there is a lot of redness and swelling with yellow or whitish-yellow pus present it is best to see your family doctor who may want to take a culture of it to find out the type of infection and also to prescribe an antibiotic ointment or capsules.

Sometimes the lumps remaining take months to completely subside. Small doses of sunshine on the skin may also promote their healing.

MENOPAUSE

A 51-YEAR-OLD woman has not had any periods for two years and wants to know if they have ceased permanently. She has also noticed some increased weight despite the fact that she does not seem to eat excessively.

IT is very likely indeed that the menopause has occurred and the periods have stopped permanently. The usual ages for this are between 46 and 52 years, the average age being 49.

Increased weight is not uncommon after the menopause and is most often caused by too much food even though patients say they are eating no more than usual. This is quite true, but the problem is that less food is needed than at younger ages.

Therefore with increasing years one generally needs to eat less, although it is still important that the diet is well balanced with correct proportions of proteins, fat and calories.

It is a good idea for women whose periods have stopped around the time of the menopause to have a check up with their doctor and even more essential if they have irregular periods.

BREAST CANCER

FOR the past 17 years a reader has suffered from cracking of the nipples. Apart from this there has been no associated pain or lump and she is in good general health. The question is whether the trouble could be a cancer.

A CONDITION which has been present for this length of time without any change is extremely unlikely to be a cancer.

However, a problem of this type having been present for so long is rather unusual.

• Our family doctor regrets that because of his busy practice, he is unable to make private replies. Please send your letters to Family Doctor Service, c/- The Editor, New Idea, Box 2237T, GPO, Melbourne, V, 3001.

This is the closest we'd ever come to watering down your strawberry topping.

Last time you poured Cottee's Strawberry Topping over ice cream perhaps you noticed how peculiarly thick and rich it is.

The reason for this is simple. We use a lot of water out there on the strawberry patch and very little here in the kitchen.

You see, growing strawberries need a lot of water. So that they'll turn out plump and juicy and rosy-cheeked. And our strawberries, especially, need a lot of water since they are new Redland Crimsons, the biggest berries in the whole land.

They need a lot of care, too. Their beds even have to have sheets. These sheets, called mulching, cover the soil, and keep the strawberries clean, refreshed and unbothered by weeds.

The result of all this is perfect strawberries. And don't ever forget: Perfect strawberries are the main ingredient in a perfect strawberry topping.

The other ingredients? Enthusiasm. Skill. Patience.

And, finally, just a little water.

CGF683

THRIFTY RECIPES FROM THE MIDDLE EAST

THIS week New Idea's kitchen visits the Middle East, going to nine countries around the Mediterranean where the eggplant, tomato, capsicum, garlic and chick pea reign supreme. Frugal housewives in countries from Morrocco to Greece make liberal use of inexpensive cuts of meat and protein-rich chick peas to feed their hungry families.

SHERRY BRYDSON

DOLMAS

(Stuffed Vine Leaves)

1½ lb. (237.2 g) can vine leaves
½ cup uncooked rice
½ lb. (250 g) minced beef or lamb
1 tomato, skinned and chopped
1 small onion, finely chopped
3 tablespoons parsley, finely chopped
3 tablespoons celery leaves, finely chopped (optional)
½ teaspoon salt
¼ teaspoon pepper
2 tablespoons tomato paste (optional)
2 cloves garlic, cut in slivers
¼ teaspoon ground cinnamon (optional)
Juice of 1 lemon

If using vine leaves preserved in brine, drain, place in a bowl and cover with boiling water. Let stand 20 minutes, drain, wash in cold water twice and drain.

If using fresh vine leaves, plunge in a pot of boiling water a few at a time for several minutes, until they become limp.

Soak and wash the rice in boiling water, then rinse under cold running water to remove excess starch.

In a mixing bowl, combine rice, meat, tomato, onion, parsley, salt, pepper, cinnamon and tomato paste.

Line the bottom of a large saucepan with tomato slices or vine leaves to prevent the stuffed leaves from sticking during cooking.

To stuff leaves, place one leaf on a plate, vein side up. Place a heaped teaspoon of the filling in the centre of the leaf near the stem edge.

Fold the stem up over the filling, then fold both sides inwards towards the middle and roll up like a cigar.

Squeeze it lightly in the palm of your hand. Continue until all leaves are filled.

Pack the leaves tightly into the pan, making several layers if necessary. Push slivers of garlic here and there among the leaves, sprinkle with lemon juice and add about ½ cup water.

Put a plate or light weight on top of the rolled leaves to prevent them from unrolling, put over low heat and simmer 2 hours, adding water gradually as it becomes absorbed. Serve hot.

Note: You can reduce the cooking time to 20 minutes by using a pressure cooker, but the flavor is better with the long simmering method.

You may substitute spinach or cabbage leaves for the vine leaves, but be sure not to blanch them too long or they will be too soft to hold the mixture during the long cooking period.

HUMMUS BI TAHINA

(Chick Peas with Sesame Paste)

½ lb. (250 g) dried chick peas
7 tablespoons tahina (sesame seed paste)
Juice of 2-3 lemons (approx. 6 tablespoons)
2 teaspoons salt
2 or 3 garlic cloves, finely minced
2 tablespoons olive oil
Olive oil, paprika and parsley to garnish

Soak chick peas overnight in enough fresh water to cover them by 3 in. (8 cm).

Next day, drain and rinse the chick peas and cook in boiling lightly salted water until tender. This will take 1-3 hours, depending on the age and quality of the peas. Drain and reserve the cooking liquid.

(Note: You may use a 12 oz. (340 g) can of ready-cooked chick peas instead, in which case drain them and rinse well in cold water. Substitute water for cooking liquid, below. Set aside a few whole chick peas for decorating and pound, blend, grind or sieve the chick peas to a smooth paste. If using an electric blender, add the lemon juice and a little cooking water at this stage.)

Mash or mince the garlic to a fine paste and add to chick pea paste with tahina salt and olive oil. Blend together thoroughly and add more cooking liquid if necessary to make a smooth creamy paste.

Put this in a serving dish and add a little red paprika mixed with olive oil over the top, sprinkle with some finely chopped parsley and decorate with whole chick peas.

Serve as a dip with Arab bread. I like to serve a platter of raw vegetables such as celery, cauliflower, unpeeled cucumber sticks and radishes to dip in the hummus.

FELAFEL

(Deep-Fried Bean Cakes)

1 lb. (500 g) dried broad beans or chick peas
2 Spanish onions (or 1 bunch spring onions) finely chopped
2 cloves garlic, minced fine
2 teaspoons ground cumin
4-6 tablespoons parsley finely chopped
1-2 teaspoons ground coriander
½ teaspoon bicarbonate of soda
1 teaspoon salt
½ teaspoon cayenne pepper (or to taste)
Oil for deep frying

Soak beans or peas in cold water for 24 hours. Remove skins, drain, mince and put through the fine blade of a food grinder, or puree in a blender. Mix with the onions, garlic, parsley, cumin, coriander, bicarbonate of soda and cayenne pepper. Put through the meat grinder again, or pound well. Let this paste rest for at least ½ hour.

Shape into walnut-sized pieces and let rest another 15 minutes.

Deep fry in hot oil until they are a rich, golden brown.

Serve hot, accompanied by other hors d'oeuvre such as hummus, baba ganoush, tabbouleh, etc.

Both Egypt and Israel have claimed this as a national dish, but they are made with chick peas in Israel and broad beans in Egypt.

For an interesting variation, try adding ½ teaspoon cinnamon to the mixture.

TABBOULEH

(Crushed Wheat Salad)

½ cup fine burghul (crushed wheat)
3 medium tomatoes, chopped fine
4 tablespoons chopped parsley
6 tablespoons chopped onion
4 tablespoons lemon juice
1½ teaspoons salt
4 tablespoons olive oil
1½ tablespoons fresh mint leaves, chopped (2½ teaspoons dried)
Lettuce leaves (optional)

Place the burghul in a bowl and cover completely with cold water. Soak for 2 or more hours, then drain in a colander lined with a double thickness of cheesecloth or a clean tea towel. Wrap the burghul in the cloth and squeeze it dry.

In a bowl, combine burghul, tomatoes, parsley, onion, lemon juice and salt. Toss gently with a fork until well mixed.

Just before serving, stir in the olive oil and mint and toss gently. Spoon on to individual lettuce leaves or heap in a serving bowl. Serves 4-6.

TESTED RECIPES FROM

LEFT: Olive oil, eggplant, capsicums, lemons, tomatoes and chick peas are the basis for most Middle East hors d'oeuvres. Pictured: Felafel and Dolmas (rear), Baba Ghanoush and Tabbouleh (centre) and Hummus Bi Tahina (in front).

Note: If using crushed wheat from the health food store rather than burghul from a Lebanese grocery, treat exactly the same as burghul, but after you have squeezed it dry, wash it well in plenty of cold water to remove excess starch, then squeeze dry again.

BABA GHANOUSH

(Eggplant Puree with tahina)

1 medium eggplant, about 1 lb. (500 g)
3 tablespoons lemon juice
1½ tablespoons tahina paste
1 clove garlic, finely minced
1 teaspoon salt
1 tablespoon olive oil
2 tablespoons finely chopped onions
¼ teaspoon ground cumin (optional)
1 tablespoon chopped parsley
Olives and tomato for garnishing (optional)

Prick the eggplant in three or four places, impale it on a fork and hold over a gas flame or grill under an electric grill until the skin chars and begins to split.

Let it cool, then remove the skin and chop it finely. Mash the pulp to a smooth puree, using a fork, sieve or an electric blender. Beat in lemon juice, tahina, garlic, salt, oil and cumin.

To serve, pile in a bowl and garnish with olive oil, chopped onion, parsley, olives and tomato slices.

Serve as a dip with Arab bread, or as a garnish for plain kebabs.

Note: A North African variation of this calls for peanut butter instead of tahina paste, and is quite nice.

KIBBEH BISSANIYEH

(Stuffed Lamb Patties)

Patties:
1¼ cups fine burghul (crushed wheat)
1 lb. (500 g) lean boneless lamb, finely minced 3 times
½ teaspoon allspice
Pinch nutmeg
Pinch cayenne pepper
1½ teaspoons salt
Pinch pepper

Stuffing:
2 tablespoons olive oil or butter
2 tablespoons pine nuts
2 tablespoons finely chopped onions
4 oz. (125 g) lean minced lamb
Pinch allspice
½ teaspoon salt
Pinch pepper
Juice of 1 lemon

To make patties: Place burghul in a bowl, cover with cold water and let it soak 10 minutes. Drain it in a colander lined with a double thickness of cheesecloth or clean tea towel, and squeeze dry.

Combine burghul and lamb in a mixing bowl and knead well together until the mixture is smooth. Knead spices into the mixture, divide into 6 equal portions and set aside.

To make stuffing: Heat oil or butter in a frying pan over moderate heat, add pine nuts and brown lightly. Remove and set aside.

In the same pan, cook the onions about 5 minutes, stirring constantly, until they are clear and soft but not brown.

Add the lamb and cook until it is no longer pink, stirring from time to time to break up any lumps.

Pour off any excess fat, stir in pine nuts, lemon juice and seasonings, mix well and remove from heat.

To make up: Form each patty into an egg shape and make a pocket in each by poking your index finger into the tapered end of the egg.

Divide the stuffing mixture into 6 portions and fill each pocket, then moisten your hands with a little water and carefully seal up the end.

The stuffing should be enclosed completely, with no tears in the covering.

Deep fry these patties in oil about 15 minutes, turning occasionally so that they brown evenly and do not burn. To test, pierce a patty with the point of a sharp knife. If the lamb shows no trace of pink, it is done. Serve immediately.

CACIK

(Cold Yoghurt and Cucumber Soup)

1 medium cucumber, about ½ lb. (250 g)
2 cups (450 ml) yoghurt
1 teaspoon white vinegar
1 teaspoon olive oil
1½ teaspoons finely chopped fresh mint (¾ teaspoon dried)
½ teaspoon finely chopped fresh dill (¼ teaspoon dried dill or fennel)
1 teaspoon salt

Peel and seed cucumber and grate it coarsely. Put yoghurt in a deep bowl and stir or whisk until smooth.

Beat in cucumber, vinegar, oil, mint, dill and salt gently, beating until well mixed. Be careful not to overbeat.

Refrigerate at least two hours, or until thoroughly chilled, and serve on chilled soup plates. If desired, add an ice cube to each bowl. Serves 4.

AYRAN

(Yoghurt drink)

1 pint (568 ml) yoghurt
¾-1 pint (426-568 ml) cold water
1 teaspoon salt, or to taste
3 tablespoons crushed mint, or to taste
Ice cubes

Place yoghurt in a large bowl and beat well. Slowly add water, beating vigorously until thoroughly blended.

Season with salt and mint to taste. Serve in tall glasses with ice.

This refreshing drink, served in the Middle East, blends extremely well with the recipes above.

DECK THE HALLS!

Brighten Christmas '73 with these festive flower arrangements

ABOVE: A curving line of arums in a shallow glass bowl is highlighted by variegated hosta leaves, forming an elegant line arrangement to soften and enhance any room.

CHRISTMAS in Australia, coming in the summer, offers a unique choice of materials and a wide field of inspiration for home decorations.

These may be either a gay expression of welcome at the doorway or part of a comprehensive party scheme. An imaginative touch can bring an indefinable quality which symbolises the peace and goodwill of Christmas. Often the arrangements which most successfully portray this feeling are simple in design, uncluttered and not too sophisticated.

Personal taste in choice of materials is to a certain degree influenced by tradition versus the time of year. Some decorators wish to uphold the European tradition of snow and winter by using greenery and whitened dried materials, while others feel more realistic working with fresh flowers and foliage to typify the summery weather in which our own Christmas is celebrated. The inclusion of native flora — Christmas bush, for example — can give a truly Australian atmosphere to either the old or the new. Colors usually are red, green, and white, with touches of gold, but blue can echo the color of summer skies.

Much basic preparation can be done before the onset of the Christmas rush. Containers can be prepared with aids and netting; material painted, cones, baubles and long-lasting foliage wired, and any carpentry or construction of bases carried out.

The collection of dried material left after spring arrangements have displaced winter decorations may still yield useful items for Christmas designs. Small cones, nuts, acorns, seedpods, etc., can be glued to plywood or strong cardboard to form plaques, which may be spray-tinted or brushed with paint. Dried left-overs can also be wired ready to be attached to rings of holly or other greenery.

Space can be utilised on mantlepieces, walls and ceilings when there is only limited room available. A backing of stiff cardboard, to which moss is wired, or a half-potato can be the base of a garland or swag for a door. Similarly, a potato or moss ball suspended on a string or ribbon from ceiling height, makes an anchoring point for a globular decoration of greenery, cones, baubles and ribbon.

Mobiles, suspended apparently invisibly from the ceiling, are fascinating as they swing gently in a slight draught. These can be constructed of any fairly light material, suspended on nylon thread or fine wire, and should be carefully balanced for the best effect. This really gives free rein to the designer's imagination.

A novel setting for a series of hall table decorations is an enlarged cardboard replica of a Christmas card, with a square cut out, through which the arrangement is viewed as a welcoming picture. Greetings are added to the card.

Candles always lend a festive appearance, and their flickering light gives a mysterious sparkle to shiny balls and glitter-sprinkled decorations anywhere in the room. When placed in an arrangement, however, they should be firmly secured, and their burning-down unimpeded by greenery or flowers. An attractive table decoration provides a talking-point at a party, but it is most disconcerting to see it singed or set alight.

A miniature Christmas tree, small enough to grace a buffet table, is space-saving. A rounded stick, approximately two feet high, is firmly attached to a base which is then coated with a plaster of paris mixture. Once the base has set, the actual contruction of the tree begins.

Green tape or crepe paper is wound around the stick to give a neat finish, and an apple or potato pressed on to the top of it. Into this apple varying lengths of pine or fir are secured in a symmetrical pattern until the apple is hidden, and then the branches are decorated with balls and tinsel, etc., keeping them in proportion to the size of the tree. The moisture in the apple keeps the plant material fresh.

White poster paint gives a matt finish to palm fronds, broom, ferns; magnolia, rhododendron and laurel leaves, with the added sparkle of silver glitter sprinkled down the centre of each leaf just before the paint has dried. Cones, and leaves too, may be tinged or gilded with gold paint.

For sheer simplicity, whitened branches and leaves are delicate against a colored background, forming a definite silhouette. Curling pieces of dried wisteria, bignonia, Chinese gooseberry or broom may be placed to form a pattern against a colored drape or board. The whitened branches would stand out against turquoise or vivid red, and a similar effect may be achieved with fresh flowers — white lilies, delphiniums, or roses.

Usually the first impression one receives of a flower

ABOVE: A two-foot high miniature Christmas tree, constructed by inserting branches in an apple. Decorations in scale complete the scene.

LEFT: Whitened branches, variegated hosta leaves and Mrs. Herbert roses are arranged against a background of assorted candles.

arrangement is color. However, with line arrangements, where line dominates form, it is the design which is noticed first.

If arum lilies are all you have to hand, a handsome curving line of these in a shallow glass bowl can be highlighted by variegated hosta leaves or similar foliage for good formal effect.

A delicate air is given with the use of skeletonised leaves, particularly in back lighting, which emphasises the tracery of the veining. There are several methods of processing, with Magnolia grandiflora leaves being among the most suitable, as thick substance is needed.

When children are safely absent, and wearing rubber gloves for protection, add four level teaspoons of caustic soda to each pint of cold water in an old enamel saucepan until there is sufficient liquid to cover the leaves. The liquid and leaves are brought to the boil, and kept boiling for four to eight minutes until the leaves have softened.

The leaves are then placed in cold water to cool. Each leaf in turn is placed on thick paper, and scraped gently with a soft nailbrush or the back of a knife, until all flesh is removed from it — rinsing the leaf at intervals helps.

The leaves are then bleached in a solution of household bleach for 15 to 30 minutes, and rinsed again. Tinting with food coloring or dye can be done at this stage. Dispose of soda and bleach carefully.

After blotting with absorbent paper, the leaves are pressed between layers of white paper, and the process completed by ironing the leaves between sheets of blotting paper with a lukewarm iron. The delicate leaves are finally stored in an air-tight box. A light touch of

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RIGHT: For a New Year party, some of the Christmas decorations may be used to carry on the air of festivity as in this arrangement of roses, carnations and cones in a beautiful, stemmed glass jar.

ZODIAC GUIDE TO SLIMMING

Just for fun . . . top Hollywood astrologer Carrol Righter tells how to use your horoscope to keep your figure trim — based on the advice he gives to leading television and movie stars

ABOVE: William Holden.

ARIES

(March 21-April 19)

Arians are, undoubtedly, lucky where food is concerned. They do not feel a compulsion to eat, and they don't crave for any particular gourmet meals that could be fattening.

They can eat almost anything, and will enjoy whatever is offered them, however frugal — or go for hours without food.

This is why so many Arians believe in health foods. Gloria Swanson, who is an Aries, is typical. She thrives on organic vegetables, and has never had to diet in order to stay trim.

Arians have said on occasion, "Oh, if we could only take a pill instead of having to sit down to a three-course dinner! It's really a shame to waste all that good time on a meal."

Sometimes an Arian will prefer a simple bowl of cereal to provide him with the nutrition his body requires.

On the other hand, an Arian will always insist on a glass of water with his meal. He drinks a lot of water. It's his instinctive urge to wash away any suspicious substances he may have ingested.

Sharp-tasting things agree with an Arian. Since he is so easy to please it's difficult to single out edibles an Arian will particularly enjoy. His preferred vegetables are onions, garlic, leeks — Arians firmly believe they clean out their systems.

Since Arians don't overeat, there are few fat Arians around. Those prone to overweight are Arians with an outside influence in their charts, and they are few.

They should have no problem getting back to their normal weight, since Arians follow dietary instructions and are not tempted to break away from the rules. The basic protein diet will serve their purpose well.

An Aries woman is likely to be heavier than a man, but she, too, will find it simple to shed the excess weight. Gloria Swanson is a typical Aries woman. William Holden is a typical Aries man.

ABOVE: Shirley Temple.

TAURUS

(April 20-May 20)

Because they love the good things of life, Taureans have more insistent taste buds than almost any other sign, but they also have enough character to restrict their eating — when they make up their minds to do so.

Their problem is that they like food with high calorie content — they have a sweet tooth, they like sauces — give them a good French sauce and they are in seventh heaven! They also like fried foods.

It is the Taurean who will tell himself while facing the well stocked buffet at a party, "Well, since I am here, I don't go to a party every day, I will just take a few of these . . ." And he will come back for more.

Then, as he finds himself having problems with the fit of his clothes, he will resolve to go on a diet. He will say, "I am not going to eat such-and-such" — and he actually won't. A Taurean can almost close his sense of smell to the things he knows he shouldn't touch.

A Taurean will tackle his diet with a vengeance, but it will take him a while and he may fail, in fact, in dropping down to what he had set for himself as a goal. He will never be spindly.

His problem is — Walter Slezak has a classic example of a Taurean's predicament — that as soon as he has completed his diet, he will start eating again, throwing self-control to the winds.

Some Taureans, for instance, won't eat sweets at all because they know once they start they're lost. Glenn Ford is probably the best example of this Taurean — all muscle and self-discipline. He will never be skin-and-bones, but he is aware of all the possible pitfalls.

If you know a Taurean who is very slim, then his sign has certain outside influences any astrologer can pinpoint

The same applies to the Taurus woman. Actually, her weight problem is greater because she loves to eat, sneaking little goodies at every opportunity. Her approach: "Just a little won't hurt me that much!" She is less capable of reducing than other signs. Also, she is naturally heavy, and, being a good cook, is exposed to food much of the time.

Shirley Temple Black is a good example of a Taurus woman. Even while succumbing to temptation she will say to herself, "I can always take it off when I really need to."

ABOVE: Rosalind Russell.

GEMINI

(May 21-June 21)

Geminis usually have very sensible ideas about food — and they run around so much that they hardly have a chance to put on much extra weight.

Your true Gemini will stop at a hot dog stand, grab a bite, and then take off to see a film or whatever, not realising he has just sacrificed his dinner. He is the one to have a snack, a little now, a little later, and only once in a while will he make a full stop for a proper meal. Even then he won't eat much because Geminis fill up quickly.

He likes vegtables and his preference is salads. As a result, overweight rarely bothers him. A Gemini man should start putting on weight only if he gets into some sedentary occupation which cuts down on his rushing around.

The best advice I can give a Gemini who has put on weight is to get up on his feet and out again — he will lose the excess in no time. A diet, naturally, will also help, especially if he is not free to dash about. His main problem is that snack he loves so much. As a result, he may take longer dieting than he should under normal circumstances.

He will keep breaking his diet schedule — Geminis are on-again-off-again people, changeable and moody. They are the most inconsistent of any sign. But a Gemini rarely faces a serious overweight problem.

Geminis are slim to start with. A Gemini woman should be safe from overweight by the very nature of her sign, unless, of course, there are outside influences. One danger; she is a voracious reader, and so could put on weight by just sitting

around too much. Still, once on her diet, she will be more faithful to it than many others because her vanity will keep her constantly aware of other women's slimness.

She is more consistent than the Gemini man in this respect. And she is determined to look her best opposite other women and to catch admiring glances in the eyes of other men. Tempted to snack fattening foods during her diet, she will give in, but she will also keep count of the calories she has taken in excess.

The most typical Geminis where eating habits and diets are concerned are Bob Cummings and Rosalind Russell.

ABOVE: Ginger Rogers.

CANCER

(June 22-July 21)

Cancer people are apt to be more flabby than any other sign. They usually have moon-like faces and they are well endowed, the men as well as the women. They are meat-potato-and-bread That's what they like to eat — all the fattening things. When they diet, it's difficult for them to lose weight.

A favorite pastime of the Cancer man, for instance, is sitting, sipping his beer and watching television, which is the worst thing he can do!

Even after he catches sight of his girth in the mirror, he may shrug it off saying, "What's the use? If I take it off I'll only put it on again!" A Cancer has less continuity and self-control in losing weight than any other sign.

One piece of good advice I can give them in order to lose weight is to just not eat. And to make sure they don't by not having any food in the house. Keep the refrigerator empty. Ironically, this is the hardest thing for a Cancer to enforce. Cancer people may not have money for many things, but their larder is forever overflowing, and they practically live in the kitchen.

Cancerian women have a little more get-up-and-go than the men because they are clothes conscious, and when it gets to the point where they are ripping out seams because they have put on weight, they will try to do something about it. Naturally thrifty, they see no point in buying new clothes — for a temporarily heavy figure.

Both would just love to give up dieting. The woman's argument in breaking the rules, "I know I shouldn't be eating this, but I will take very little!" And the man: "I will just have this one beer. How can one beer hurt?" They will be a long time on a diet this way.

An additional problem is that Cancerians have water retention, and it's very difficult to lose weight under these circumstances.

Good examples that come to mind are Ginger Rogers, who has had a tough time all through her career fighting her eating habits, and Merv Griffin.

ABOVE: Arlene Dahl.

LEO

(July 22-Aug. 21)

Leos are luxury lovers. This applies to their food, as well as everything else. They thoroughly enjoy eating exotic delicacies, and they will try anything that is different — because it is different. Because they have little will power to control their eating habits, they put on weight easily, but if a Leo man finds himself losing prestige as a result, or a Leo woman is about to face the public or wants to conquer a man, they will go on a crash diet at the drop of a hat.

Underlying it all is their ego. Thus, while they have a hearty appetite, they are particularly pleased when they can eat expensive or unusual food. Were a woman to tell a Leo man, "You are obviously a man who knows his way around unusual food, now eat this!" he will eat it, even if it's rhinoceros hide. What matters is that it's rhinoceros!

Leos should diet because they like softness, comfort and luxury, all of which translates into overweight.

Leo men are less subject to their ego, and consequently it's harder for them to shed excess poundage than it is for women. A Leo woman in need of dieting will simply tell herself, "I am not eating," and to all intents and purposes will go on a hunger strike. For her it's a matter of prestige.

Their will power helps to accomplish a reducing program, but with Leos there also has to be an important reason, one that has to do with their pride and their public image.

Arlene Dahl is a good example of a Leo woman. A year ago she signed up for a play in New York, and she was definitely overweight with very little time left to do something about it. The problem would have stumped anyone but a Leo. In 10 days or so, Arlene lost 20 lb. and reported to the theatre perfectly trim and beautiful. She did it so well because she had a reason.

Having dieted and lost exactly what they wanted to lose, Leo women will stay this way while a reason for it exists. With the need gone, they will resume eating all that best or most fashionable food, and find themselves sipping their favorite French champagne — until the next diet.

This could be triggered by the husband or wife of the Leo saying, "I can't see why you gained all that weight. You're not nearly as attractive as you were when you were slim." Leo will be back on the diet before you know it!

While Arlene Dahl — also Rhonda Fleming — are typical Leo women, Robert Mitchum and Keenan Wynn are Leo men to the hilt! Actors must keep in trim, but Leo actors needn't consider it a problem, because their pride will make them slim down in record time when required.

VIRGO

(Aug. 22-Sept. 22)

Virgos are the ones that count every calorie continuously. They know every food, exactly what it will do for them, exactly what part of the body it will help, and they can take a diet and be more conscientious about it than any other sign of the Zodiac.

ABOVE: Lauren Bacall.

They have no particular preferences where food is concerned, and it's no great shakes for them not to eat at all.

In this respect, they may appear to display a similar attitude to Aries, except that an Arian just burns it off while on the go, and without giving the food he has consumed any thought, while Virgo knows exactly what it was that he ate, its nutritional value and so forth.

Virgo men, as a rule, maintain a well-balanced diet. The same applies to Virgo women, except that the women more easily lose self-control. Something emotionally disturbing happens and the Virgo woman finds herself craving for food.

This is a typical Virgo reaction to unhappiness. On occasions it also causes a Virgo man to react this way, but these are the exceptional cases. Virgo men are not as moody as Virgo women. They accept things much more philosophically, except where their money is concerned.

If something wrong happens in their business they may become disturbed in similar fashion and take to unreasonable eating.

Also, an overweight condition may have been caused by an outside influence in the chart, something any astrologer would be able to warn a Virgo man or woman about beforehand.

Once their mind is set on a diet, Virgos will follow it in a most sensible way. Thus, they will know exactly how many ounces they can take off by not eating what. They are the ones who will say, "If I put milk in that coffee it will mean so many more calories consumed by me today." Conversely, once well into the diet a Virgo may say, "I can have this now, because I have already lost so-and-so much." He knows the score.

Virgos will lose what they want to lose and will stop their diet to resume where they had left off, only they

Please turn to Page 55

MAD ABOUT THE BOY!

John Wood tells how Sybil Burton Christopher set a new trend by marrying a younger man after Richard Burton left her — and analyses similar marriages which have had good and bad results

ABOVE: Jordan Christopher with his wife, the former Sybil Burton, says marriage has little to do with age, but Sybil, 12 years his senior still feels somewhat guilty about their eight-year marriage.

LONG before it became respectable for older women to prefer younger men, **Sybil Burton** took a bold step by marrying **Jordan Christopher,** 12 years her junior. Sybil — who had been abandoned by Richard Burton, her first husband, when he fell in love with Elizabeth Taylor — was 36, and Christopher a very young 24.

Called the "boy" by Sybil's friends, Christopher defended himself and their relationship by saying: "Our marriage is solid. It has nothing to do with age because I don't think of her being older or myself younger. I see Sybil as my wife and I am her husband. It's coming together that matters, not the year you happen to be born."

Certainly the marriage has endured happily for the past eight years, but Sybil still feels guilty about marrying such a young man. "She always refuses to talk about it and you get the impression she is very much on the defensive," her friends said.

A London psychiatrist explained to me: "Of course there is nothing new about an older woman marrying a younger man. People used to keep quiet about it, because women had a complex about the situation. Now it is fashionable and no longer carries a stigma.

"Many insecure young men seek a mother-figure in their wives or lovers. Often they are the sons of famous fathers, or of fathers who have very strong personalities. Boys who feel unsure of themselves are nervous and frightened that girls their own age will make fun of them. It is with a great sense of relief that they discover older women can be comforting, understanding and patient with their fumbling attempts to woo them.

"Often such young men are immature for their age, although this is not always the case. Sometimes it is the opposite sort of young man who seeks out an older woman. But then she must be rich or famous — in this way he is taking an older woman for the calculated purpose of winning a name for himself or for financial gain.

"Needless to say these marriages or liaisons or love-affairs often do not last. If a man of 20 marries a youthful looking woman of 40 he might be terribly flattered that a mature woman is in love with him, but what happens when she is 60 and he is 40? She is becoming elderly and he is in the prime of life. He then looks around at women of his own age, or younger. Gone are the uncertainties of his youth. He knows how to handle any woman of any age. Tragedy then results for the wife of 60 who is abandoned and understandably becomes very bitter."

One such tragic case from the woman's point of view involved **Dorothy Squires,** the singer and entertainer who married **Roger Moore,** who became famous as the Saint on television and later as James Bond in the film Live And Let Die.

Dorothy Squires married Roger, four years her junior, when she was at the height of her fame and he was still struggling to make a name for himself. "I was warned by my friends that I would face eventual disaster by marrying a man younger than myself," she said. "But I didn't care at the time. I was so happy I thought it would last, but slowly I began to notice the other, younger girls pursuing him. Even so I thought that our relationship was stable enough to last."

But it didn't last because Roger fell in love with an Italian, Luisa Mattioli, seven years younger than himself. She bore him two children before they eventually married. The bitterness felt by Dorothy Squires at seeing her younger husband leave her remains with her to this day, as she freely admits.

As the London psychiatrist explained: "Most marriages need children to bind the couple together. It gives a reason for the marriage, and when there are no children the tensions which arise between most couples can more easily tear a marriage apart.

"An older woman is not always able to give the young male in her life a baby, thus making their relationship even more precarious. Often when a marriage is going

through a turbulent period the couple weather the storm for the sake of the children. But when the woman is older, and the man realises there are no children's feelings to consider, a split can all too easily occur, with the man running away leaving a very embittered woman behind him.

"This bitterness and resentment could be seen in the case of Dorothy Squires and Roger Moore. She refused to give him the divorce he wanted for seven years."

Just how the "mother instinct" comes into play was clearly demonstrated by the Italian actress **Gina Lollobrigida** when she commented: "When I am in love with a younger man than myself and he is scared and inexperienced, then I act the role of a woman who is secure and comforting. When I am with a mature man, then I become very feminine and let him take the lead in everything. I become the 'little woman' as I accept his role as the master."

DIFFERENT ASPECT

There are different ways of looking at the older woman-younger man fad.

"There are two sides to such a relationship," explains **Eartha Kitt,** one of the world's greatest entertainers.

"My feelings are that the best thing for any woman is to fall in love with the man she takes a fancy to and who happens to be available to her. I really don't think age is important, unless a woman has a very strong sexual desire, then she would be better off having a younger man.

"It is true that not every woman can manage to get herself a man much younger than herself. There is a lot of competition for handsome young men! Quite often the woman has to be rich or famous before she can find herself a younger man. Then it is like buying him — and unless she puts this thought right out of her mind, how can she live with the idea that she had to bribe a man to 'love' her?"

JET-SET ROMANCES
PART 2

BELOW: Roger Moore, who became famous as The Saint, with his second wife, actress Luisa Mattioli.

One well known international celebrity who did have a younger man in her life was **Baroness Thyssen,** formerly a well-known English model before she married — then divorced — the German steel magnate. Her friendship with **Alexander,** son of Aristotle Onassis, lasted for five years right up to the time of his tragic death in a plane crash earlier this year.

Because she was 15 years older than Alexander, his father bitterly resisted the couple's wish to marry.

"Age never meant anything to us," Fiona said.

"I have never thought of him being younger because we were in love and that was all that mattered."

Alexander Onassis once explained: "I really don't see what age has to do with a relationship between a man and a woman. Either it is a mature relationship or it isn't. I have always been attracted by older women anyway. It is just one of those things."

But even Fiona Thyssen, despite her intense feelings for Alexander Onassis, admitted that having a companion much younger than herself did pose problems.

"He was always so energetic," she explained. "He kept rushing around the world in jets, which I enjoyed for a time, but there were moments when I longed for peace and quiet and rest. I just got tired! Alex found this hard to understand, but as you get older you need time for reflection. At 22 you cannot even begin to understand this."

• NEXT WEEK
MERLE OBERON

BE CRAFTY WITH LEATHER

SYDNEY leather craftsman, Paul Pulati, believes that anyone with imagination can do leatherwork using items that are already available in most homes.

Paul, a Californian who migrated to Australia several years ago, supports himself on his earnings from his leatherwork. Most of his work is now sold through exhibitions in Sydney and New South Wales country towns, and he works from his home in Waverley.

Paul is a completely self-taught craftsman. He has had no formal art training and only began leather work when he came to Australia.

"Before I came here I was travelling around New Zealand and met a couple who were doing leatherwork," he said. "I wasn't working then so I spent a lot of time in their shop and picked up a few little bits of information about it. I have only been able to achieve what I have because I've been doing it full time for over two years now. I like doing exhibitions because I can experiment and learn new things; I'm not restricted by commercial demands.

"I have just started to do leather furniture — tables, chairs and chess boards. I'd like to do leather chessmen but that might be a bit difficult."

Paul obtained a degree in psychology in California and, having spent most of his 23 years at school, decided to travel around the South Pacific. He spent more than a year in Tonga, Fiji and New Zealand before migrating to Australia, where he plans to settle down.

"Tonga especially was where I really opened up to crafts. The people there are always making baskets, weaving mats and doing other crafts as a way of life. That interested me; I liked the way of life there."

Classes given by professional craftsmen provide one of the few opportunities for people to learn leatherwork, Paul said. He does not give private classes but teaches at workshops run by the Arts Council of Australia. He is a member of the Executive Council of the Craft Association of NSW.

MAKING A KEYRING

Beginners shouldn't find too many difficulties in making a leather keyring, Paul believes, and the techniques he explains can be followed to make a belt.

Small pieces of leather can be bought from leather shops, often called grinderies, in capital cities. They can also be bought direct from tanneries but they sell mainly large pieces and will not cut the leather to smaller sizes. If they do have some smaller pieces available, it will be slightly cheaper than usual, at about 80 cents a square ft.

This fascinating hobby is both practical and decorative — and it is so easy to learn, writes Bethwyn Weyland

• **1:** Make a pattern, using cardboard, of the shape desired. A belt can be made by cutting a parallel strip, but anything else must have a pattern.

"The importance of a pattern is that you make all your mistakes before you touch the leather," he said. "This is more important when you are making something with more than one piece of leather, like a bag, but it is a good idea to have a pattern for anything."

Lay the pattern on the leather and trace around it. Here Paul uses an awl, but it can be done with a strong safety pin or anything else which will mark leather. Don't use a pen or pencil because ink or lead marks may remain on the leather.

• **2:** Cut out the leather on the tracing mark. Paul uses a pair of serrated shears which cut easily into the leather. It is not necessary to use them, but they are best as they grip the leather. If shears or scissors are not available, a Stanley knife with a razor blade can do the job. This may easily slip and cut through the tracing line if care is not taken.

• **3:** Paul uses a bevel ease edger to smoothe and round the rough edge to give a better finish. This tool is essential for leather craftsmen, but it is not a necessary step in making the keyring if the beginner wants to avoid expense.

• **4:** Wet the leather thoroughly with water to soften it and make it easier to work with. The water will be absorbed quickly so be generous.

• **5:** Make the design on the leather. Paul uses an everyday collection of nuts, bolts, screws, tacks and a screwdriver to create his design. He also suggests using sawn-off timber ends obtained from timber mills, using the saw markings to get an effective grain in the pattern.

Use a wooden mallet or a hammer to indent the leather. A reasonable amount of pressure is needed, but this might be a matter of trial and error for beginners.

• **6:** Dye the leather to any color desired. Various dyes and polishes are available from leather shops, but any type of shoe polish will do just as well. Paul often uses a natural color shoe polish to bring up a shine on the leather. If dye is used it is likely to stain the hands, so use rubber gloves to apply it. Apply with a sponge, shoe cloth or, as Paul does with a piece of lamb's-wool.

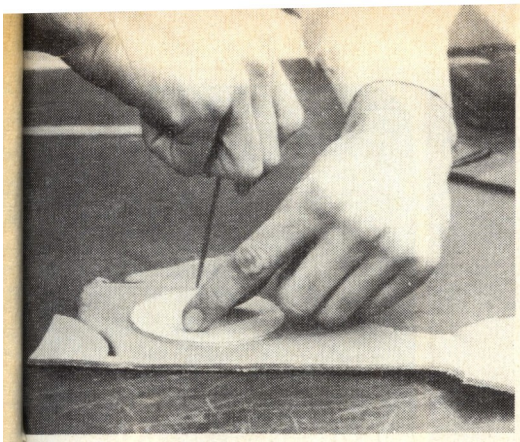
Let the polish soak in for two or three minutes, longer or shorter time is taken depending on the depth of color desired. This is a matter for experiment usually. Color also depends on how lightly the polish or dye is applied. For a deeper color, rub it in more. Paul achieves a streaky, woodgrain effect by applying the dye in one direction.

An antique finish can be achieved by applying the polish, letting it begin to dry and rubbing some of the polish off before it dries completely.

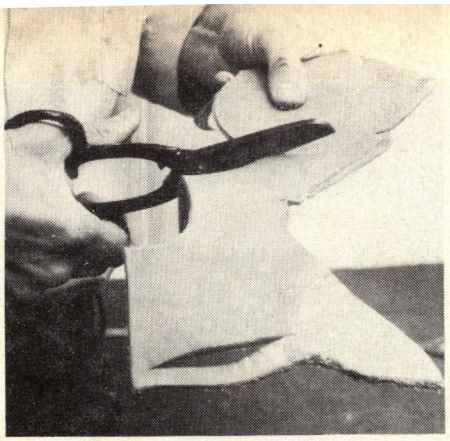
"I always dye the edge of things because I think it's a good idea to put a good finish on anything I do," said Paul.

• **7:** Using a circular punch, clip holes around the edge of the leather. A circular punch costs about $1.25 and can be bought at hardware stores. It will cut paper, cardboard and material, and is a useful appliance to have in the house.

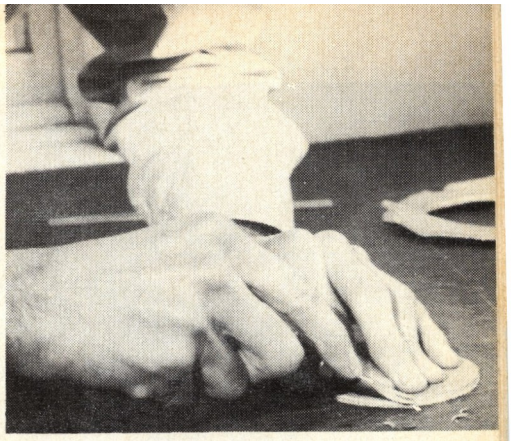
• **8:** Lace the leather, using a length of leather thong which can be bought from leather shops. Lacing needles are available but are not necessary. Trim the end of the



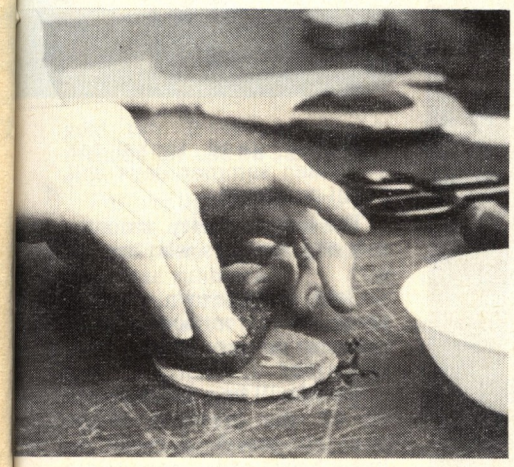
ABOVE: 1. Trace the keyring pattern with an awl. Ink can mark the leather.



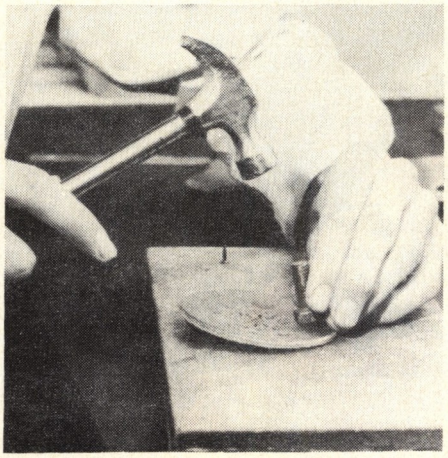
ABOVE: 2. Cut out the leather around the tracing mark with serrated shears.



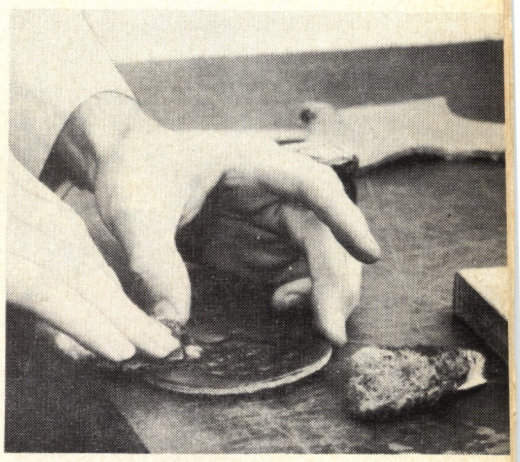
ABOVE: 3. Smooth and round the edge of the leather with a bevel ease edger.



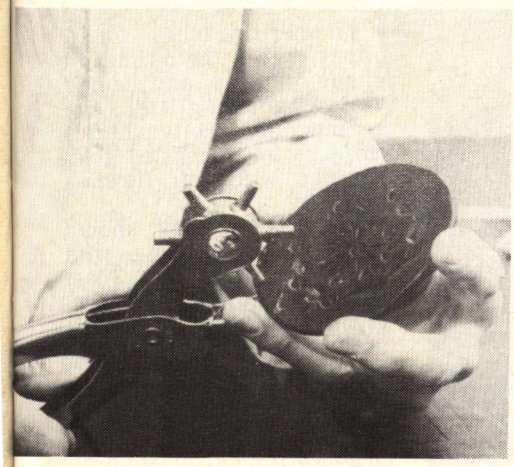
ABOVE: 4. Wet the leather with water to soften it. You can use a sponge.



ABOVE: 5. Make the design with a hammer and bolt, keeping leather in place.

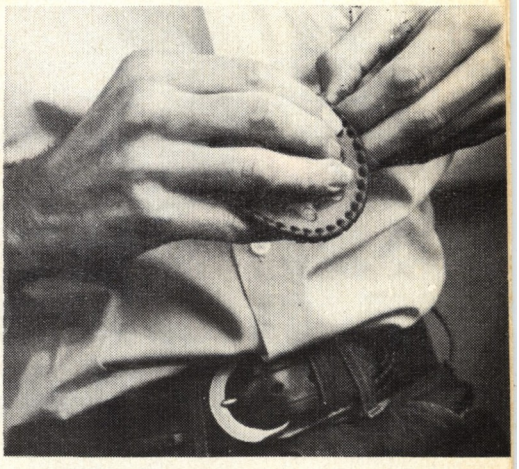


ABOVE: 6. Dye the leather with a piece of lamb's-wool or sponge soaked in dye.



ABOVE: 7. Punch holes with a circular leather punch, bought at hardware shops.

ABOVE: 8a. Pull a leather thong through the first hole to begin lacing a keyring.



ABOVE: 8b. Secure the end of the thong at the back after finishing the lacing.

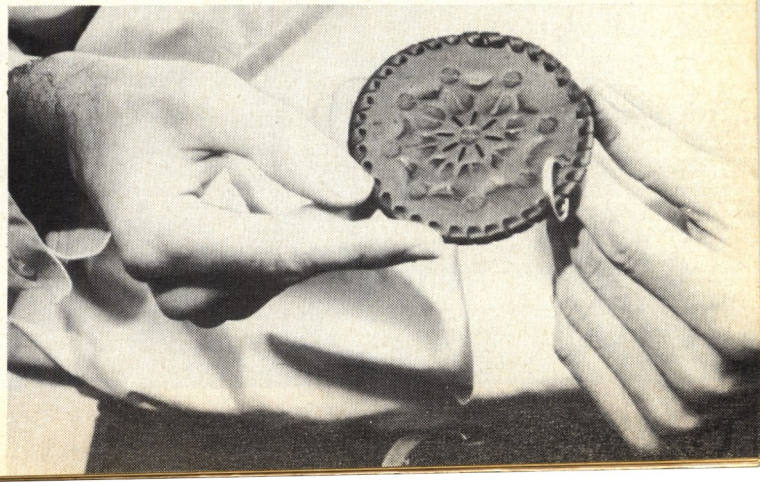
thong to a point, keep the thong straight and pull it from the front to the back, through the first punched hole.

Pull the thong through until about an inch remains. Place this remaining inch of thong flat along the edge of the leather and lace firmly over it so that it is secured by the lacing.

When threading the last hole, slip the thong through the back of the lacing loop before pulling it tight. This secures the thong. Cut off remaining length of thong close to the lacing.

• **9:** Punch a larger hole in the leather and insert a keyring. The keyring costs only a few cents and can be bought from a key cutter or locksmith.

NEXT WEEK: ADVANCED LEATHERWORK



RIGHT: 9. The keyring is attached to complete the leather work.

Australian Beauty

with LEONIE ROBBINS

GREAT good looks for golden summer days will be all-over gold.

The look is pretty, smooth, soft and for girls who are all girl.

Gold, not brown, is the great color for bodies, and make-up takes on golden hues to match.

There will be a golden glow on all the prettiest faces, with sun-struck accents on lips, cheeks and eyes.

All the softness of a sweet summer morning is there — and the fresh appeal.

Summer-sky blues, sunlit-poppy reds, gold-touched grape shades and sunny yellow golden-glitter eye accents make pretty pictures on faces tinted toasted golden-beige with soft flawless make-up.

The golden look should start from the toes up — with a tender, lovely tan. Toast your body slowly and surely, giving it plenty of protection and moisturised soothing as you progress.

If your skin is fair, use a sun-proof cream that allows a gentle tan. There is one that is fine, and available in two shades so it may also be used as a light summer make-up.

For a healthy gold tan, choose a sun-shader cream which is moisturised to help prevent peeling.

If you like the role of glamor-girl by the poolside or are a water-ski fan, you will like the instant deep gold tan a sun-gelee gives on skin that has olive tones or is already tanned. This type of tanner gives plenty of glamorous color, keeps skin supple and has some sunscreens to filter out the harsh burning rays while allowing you a deep

The GOLDEN GIRLS

Reflect all the sun's glow with a brilliant tan and softly shimmering make-up this summer — it looks superb by day or night and adds that touch of special glamor

gold tan. It is not recommended for use on sandy beaches.

For really tender types a covering cream (it comes in several skin tones) gives a complete sunblock.

Any sun product should be re-applied after two hours or after swimming. A moisturised lipstick will help keep lips soft and pretty while you sun.

After sun-down, lots of moisturised body lotion helps prevent peeling and restores moisture lost from the skin during sun-hours. An eight-hour cream helps soothe red skin (it has dozens of other uses) and makes a good lip gloss too, with healing properties.

A velvety-smooth skin bath will nourish body skin and so will a sea-fresh soothing lotion with a fresh citrus tang.

Keep the smooth treatment up whether you are sunning or not — smooth silkiness of skin is part of this summer's beauty secret.

Super-smoothness makes the most of your tan — and it comes with the removal of unwanted body hair. You can de-fuzz underarms, legs, arms, face or body simply and quickly with cream. Wax is fine, too, and lasts longer.

A good beauty salon can do "bikini line" waxes quickly and without embarrassment, as well as removing hair from other spots.

Electrolysis provides the only permanent help.

If you choose to do the removal job yourself at home as thousands of women do regularly, then be sure to follow the directions implicitly on wax or cream packs.

Bronzing gel plays up your suntan to its golden hilt. This is an artifcial tan in gel form (not quite liquid, not quite solid) which gives the appearance of sun-tan or dresses up the one you have.

It has no sun-cream of its own, but may be worn over a sun-proof cream. It can be used on bare skin alone, under foundation or over finished make-up. It is perfect for face and body and is suitable for all skin types.

Blushing gel is similar, adds softness and rosy color over cheeks, knees, earlobes, forehead and cleavage, if you dare. It looks just great applied to all the spots where the sun kissed you first.

A sheer delight for those lazy, hazy days is a body shampoo scented with blue-green fragrance. This can be used on body, for hair, all-over and is delightful followed by talc and scent to match.

YOUR GOLDEN MAKE-UP

For a sunkissed golden make-up to delight the eye (yours and his) choose a toasted beige shade of Flawless Finish cream cake make-up. This may be smoothed on with fingertips or with a dampened sponge for a sheerly natural look.

Powder is not strictly necessary, but a little may be used if desired.

For cheeks, stroke on Sunlit Poppy multi-purpose make-up pencil. Blend over naturally sun-kissed spots. Highlight cheekbones with accenting cream to reflect the sunlight or just to play up prettiness after dark. Sunshine yellow make-up pencil may also be used for this.

Open up eyes this way, using our color suggestions or designing your own color scheme from the big range of make-up pencils or golden ultra-frost eye shadows.

- On lids, Sunstruck Blue, Golden Karat, Ultrafrost.
- Contouring: Golden Grape — it is like a golden muscatel — Ultrafrost.
- Highlight under brows: Yellow Gold (amber/gold blend) Ultrafrost shadow.
- Mascara: Creamy Lash Color, dark brown.
- Brows: Very Brown Color Cake brow color.

Final touch is lipstick, and we suggest one of the Lame colors from the Golden Karat make-up collection. Coral Lame is warm sunny hibiscus. Bronze Lame speaks for itself.

Natural moist lipcolors like Sunlit Poppy or Schoolhouse Red would also look sweetly kissable.

Beauty suggestions: All preparations by Elizabeth Arden. Sunpruf cream; Sunshader; Sun Gelee; Covering Cream; Naturally Moist Lipcolor; Eight-hour Cream; Velva-Smooth Skin Bath; Seaqua Sea Smooth Lotion, Sleek Depilatory Cream; Depilatory Wax Set; Bronzing Gel; Blushing Gel; Blue Grass Body Shampoo; Flawless Finish Sponge-on Cream Make-up; Multi-Purpose Make-up Pencils; Highlight Accenting Cream; Golden Karat Moods Collection Ultrafrost Shadow; Creamy Lash Color; Golden Karat Lame Lipsticks; Brow Color Cake.

BELOW: A soft, short, fluff-cut tops off warmly flirtatious golden make-up for summer evenings — Pictures on these pages are by Elizabeth Arden.

Carmen for Christmas

Carmen Enlightened Make-up Mirror

For the first time, you can apply make-up so you'll look stunning at the restaurant, office or picnic. No chance of arriving looking washed out or overdone because your bathroom mirror lied. The Carmen Mirror makes it easy, just dial evening, daylight or office. The reversible mirror is great for magnifying all those difficult areas around your eyes. So you can see exactly what you're doing.

Carmen Heated Rollers

How long would it take to set your hair beautifully – 2 hours or 1 in a panic? Guess that cancels out a lot of dates during the week. Carmen rollers take 10 minutes for a finished result and come in a range of four different sizes – 5, 11, 18 and 22. One to suit your hair length and style. In 10 minutes you'll be ready to go.
What a great idea for Christmas.

*Registered Trademark. Authorised User—Bristol Myers Co.

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I WENT BACK TO SCHOOL

A housewife's heart-warming story
by MARIE BENNETT

THE postman has just delivered the letter I have hopefully been waiting for. It contains the exciting news that I have been accepted to do a Creative Writing course at Monash University, V.

That letter of acceptance was the culmination of events which began on the Christmas night before last.

That evening my university student son, one of his graduate friends and myself, were sitting in the family living room, relaxed and unhurried at the end of a festive day.

Our guest was about to engage in research work into the economic conditions and status of all Australians from the birth of its history up to the present era.

The conversation was interesting and stimulating. Quite unexpectedly he asked me, "Have you ever thought of studying, Mrs. Bennett?" The question surprised and shook me off balance. Me, studying?

For the past eight years I had worked as a part-time proof reader. I enjoyed the work, it filled a mental gap and had helped financially towards the education of my three children. I did recognise the value of education — for my children — but I had never thought of it for myself.

I toyed with the idea for several weeks. Did I have the courage to take the initial step — making some enquiries regarding night school and courses?

My decision was reached when I read an advertisement in the local paper announcing that night tuition would begin at a nearby high school.

I must explain that I am in my 40s and it has been nearly 25 years since I received any formal schooling.

When I made my decision public, it was received by all manner of emotions from males, ranging from astonishment, horror, ridicule, sarcasm, amusement and one or two solitary encouragements.

My husband laughed and made a big joke out of Mum going back to school — not to mention the expense that would be wasted! My son, who is studying on a scholarship, gave me an amused grin of condescending superiority.

My daughter, a legal stenographer, looked at me with benign pity which eloquently spoke her thoughts. My younger son, who was going for his Leaving Certificate, seemed the most unaffected. He accepted it with blase casualness.

My mother expressed worried concern, hoping that the strain would not be too much for my health.

When I told one girl friend, she said in an iced lemon squash voice, "What do you want to do that for. If you go on to university, you can only get an Arts degree. What good is that at your age? The trouble is, you have not had enough outside interests to satisfy you."

No, I thought, only working frantically for the local progress association, and mothers' clubs, and the children's church, scout and gymnasium activities over the years. But now I felt that I was about to start upon a venture that was to be something different.

One astute, run-of-the-old-school linotype operator at work, greeted my news with the quavery observation: "My goodness, that's not going to help you keep your home cleaner or to cook better meals." I shocked him when I said that for over 20 years I had been a housekeeper and cook to my family and now I wanted something different.

The idea grew firmly and more real in my mind. The more attempts were made to dishearten me, the more stubbornly dogged and undaunted I became.

I still recall that hot night in February 1972, when I entered the great assembly hall at the high school with hundreds of others. I sat and listened to the introductory speech given by the night school headmaster. Oh save me, I thought, what am I letting myself in for? Some of these young people look so intelligent, how will I ever cope?

Our class was a variety of nationalities, ages and walks of life, both male and female. There were several teenagers who had failed last year and were repeating their course at night school. Some were career men and women taking this step to enter university, a young Jesuit priest, others who, by improving their education, would receive promotions in their professions. A few were housewives who had joined just for the interest of the course, and myself. I had to admit that I was there mainly because of the challenge that had been thrown at me.

After several months I was completely absorbed in my course: Australian History and English Literature.

I surprised myself. Many people remarked that it must have been difficult to tune in to study again after such a time lag, but I did not find it so. Although it was hard work at times, apart from a few weary occasions when I wondered was it all worth it, I found that I adapted very well. The fact that I was a student by choice and not by compulsion seemed to produce a very satisfactory psychological reaction.

I looked forward to those school nights every week and would have loathed to miss them.

I felt younger than I had for years, even young enough to borrow my daughter's caftans or jeans some nights. Perhaps I looked ridiculous, but I felt terrific. Our class developed a warm comradeship, we accepted each other, had all become friends and were all working for the same goal — to comprehend, to enjoy, and pass at the end of the year.

At last the family seemed to accept the fact that I was serious and was not going to quit. My husband regardless, would still have his little joke (the old chauvinist), and called out facetiously "Have you got your play lunch?" as I hurtled out the door, clutching note books, dictionary, biros and car keys.

My elder son became strangely subdued when I showed him the As on my essays. My daughter confided, "Perhaps you are going to be all right. Just take it quietly." My younger son and I developed a new closeness. Although he was studying the year below mine, we were

Please turn to Page 90

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SPECIAL LIFT-OUT

BABY SUMMER COTTONS

These cool knitted garments are easy to make and will be sure to bring a wide happy smile from your little one

SWEET SUE

MEASUREMENTS:				in inches (cm)
Chest size	18	21	24	(46-53-61)
Length	10	11½	13	(25-29-33)
Sleeve	6	8	10	(15-20-25)

MATERIALS:
Patons Gem Knitting Cotton (50 g), 3 (3-4) balls; 1 pair each Nos. 12 and 14 knitting needles; 1 stitch holder; 5 small buttons.

TENSION:
15 sts = 2 ins. (5 cm) over st st.

LEFT FRONT:
Using No. 14 needles, cast on 37 (43-49) sts.
1st row — K 2, * P 1, K 1; rep from * to last st, K 1.
2nd row — K 1, * P 1, K 1; rep from * to end.
Rep 1st and 2nd rows 8 times.
Change to No. 12 needles.
1st row — * K 1, yrn, P 1, P 3 tog, P 1, yon; rep from * to last st, K 1.
2nd row — Purl.
3rd row — Knit.
4th row — Purl.
Cont in patt until work measures 6½ (7½-8½) ins. (16-19-22 cm) from beg, working last row on wrong side.
Shape armhole:
Cast off 6 sts at beg of next row.
Work 18 (22-26) rows patt.
Shape neck:
Cast off 11 (11-13) sts at beg of next row.
Work 19 (21-23) rows.
Shape shoulder:
1st row — Work to last 10 (13-15) sts, turn.
2nd row — Work to end.
Cast off.

RIGHT FRONT:
Work to correspond with left front.

BACK:
Using No. 14 needles, cast on 73 (85-97) sts and work 18 rows rib.
Change to No. 12 needles and work in patt (as for front) until work measures 6½ (7½-8½) ins. (16-19-22 cm) from beg, working last row on wrong side.
Shape armholes:
Cast off 6 sts at beg of next 2 rows.

Please turn to Page 46

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BABY SUMMER COTTONS

BONNY BOOTEES

MATERIALS:
Patons Gem Knitting Cotton (50 g), 1 ball; 1 pair No. 13 knitting needles; ¾ yd (68 cm) narrow ribbon.

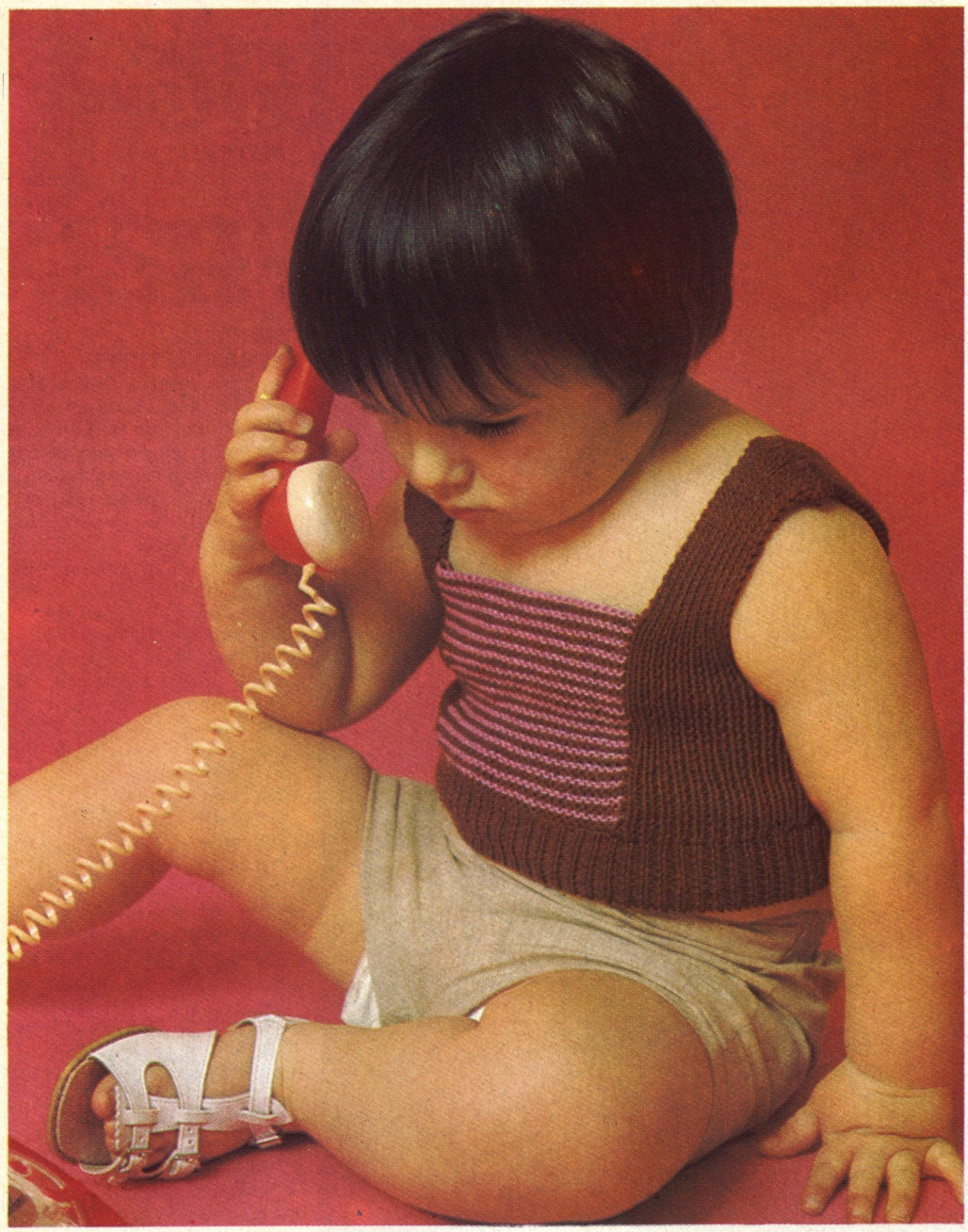
TENSION:
8 sts and 10½ rows = 1 in. (2.5 cm).

SPECIAL ABBREVIATIONS:
inc 1 = increase 1 st by picking up yarn lying between needles and knitting into back of it; K1B = insert needle into st below next st on left-hand needle and knit, slip off needle.

SOLE:
Cast on 42 sts.
1st row (right side) — K 1, inc 1, K 19, inc 1, K 2, inc 1, K 19, inc 1, K 1. (46 sts.)
2nd and alt rows — Purl.
3rd row — K 2, inc 1, K 19, inc 1, K 4, inc 1, K 19, inc 1, K 2. (50 sts.)
5th row — K 3, inc 1, K 19, inc 1, K 6, inc 1, K 19, inc 1, K 3. (54 sts.)
7th row — Knit.
9th row — Knit.
10th row — Purl.

UPPER:
Beg patt.
1st to 4th row — K 1, * K 1, K 1B; rep from * to last st, K 1.
5th to 8th row — K 1, * K 1B, K 1; rep from * to last st, K 1.
These 8 rows form the patt. Rep the patt once.
Next row — K 2, * P 1, K 1; rep from * to last 2 sts, P 1, inc 1, K 1. (55 sts.)
Next row — * K 1, P 1; rep from * to last st, K 1.
Front shaping:
Dec row — K 1, (K 1, P 1) twice, K 2 tog tbl, P 2 tog, rib to last 9 sts, P 2 tog, K 2 tog, (P 1, K 1) twice, K 1. (51 sts.)
Next row — K 1, * P 1, K 1; rep from * to end.
Rep the last 2 rows once. (47 sts.)
Next row (eyelets) — K 1, (K 1, P 1) twice, K 2 tog tbl, P 2 tog, * yrn, P 2 tog, (K 1, P 1) twice; rep from * 3 times, yrn, P 2 tog, K 1, P 1, yrn, P 3 tog, K 2 tog, (P 1, K 1) twice, K 1. (43 sts.)
Next row — K 1, * P 1, K 1; rep from * to end.
Next row — As dec row. (39 sts.)
Work 15 rows in rib. Cast off in rib.

TO MAKE UP:
Fold in half and sew cast-on edges tog, then around front to eyelet row. Thread ribbon through eyelets.



BUSY LINE

MEASUREMENTS:	in inches (cm)			
Chest size	22	24	26	(56-61-66)
Length	9¼	10¼	11	(23-26-28)

MATERIALS:
Patons Gem Cotton (50 g), 2 balls main color, 1 ball contrast; 1 pair each Nos. 12 and 14 knitting needles.

TENSION:
15 sts = 2 ins. (5 cm) over st st.

Centre Panels (Make 2):
Using No. 12 needles and M, cast on 30 sts, and work in garter stitch stripes of 2 rows each of M and C, until work measures 4½ (5-5) ins. (11-13-13 cm) from beg, working last row on wrong side. Cast off.

LEFT FRONT AND RIGHT BACK PANELS:
Using No. 12 needles and M, cast on 27 (31-35) sts.

1st row K 2, * P 1, K 1; rep from * to last st, K 1.

2nd row — K 1, * P 1, K 1; rep from * to end.

Cont in rib until work measures 3¼ (4-4) ins. (9-10-10 cm) from beg, working last row on wrong side.

Shape armholes:
Cast off 4 (5-6) sts. at beg of next row.
Dec at armhole edge in alt rows 4 times 19 (22-25) sts.
Work 31 (37-43) rows. Cast off in rib.

RIGHT FRONT AND LEFT BACK PANELS:
Work to correspond with left front and right back panels.

LOWER FRONT BAND:
Using back stitch join centre front panel to left and right panels. With right side facing, using No. 14 needles and M, knit up 83 (91-99) sts evenly along lower edge, and work 18 rows in rib.
Cast off in rib.

LOWER BACK BAND:
Work as for lower front band.

TO MAKE UP:
Do not press. Using back stitch join seams.

BABY SUMMER COTTONS

SWEET SUE

Continued from Page 43

Work 36 (42-48) rows.

Shape shoulders:
1st and 2nd rows — Work to last 10 (13-15) sts, turn.
3rd and 4th rows — Work to last 20 (26-30) sts, turn.
Work 1 row. Cast off.

SLEEVES:
Using No. 14 needles, cast on 37 (37-43) sts and work 18 rows rib.
Change to No. 12 needles and work in patt, inc at each end of next row and foll 4th (4th-6th) rows until there are 55 (61-67) sts.
Cont until side edge measures 6 (8-10) ins. (15-20-25 cm) from beg, working last row on wrong side.
Tie a colored thread at each end of last row.
Work 8 rows.
Cast off 3 sts at beg of next 12 (12-14) rows.
Cast off.

LEFT FRONT BAND:
Using No. 14 needles, cast on 9 sts. **
Work 94 (110-126) rows rib.
Leave sts on stitch holder.

RIGHT FRONT BAND:
Work as for left front band to **.
Work 2 rows.
Next row — K 2, P 1, K 1, yfwd, K 2 tog, P 1, K 2.
Cont in rib, working a buttonhole in foll 24th (28th-32nd) rows until 4 buttonholes have been worked.
Work 20 (24-28) rows.
Leave sts on needle, do not break off yarn.

NECKBAND:
Using back-stitch, join shoulder seams.
With right side facing and using No. 14 needle holding right front band sts, knit up 93 (101-113) sts evenly around neck, rib 9 sts from left front band stitch holder.
Work 6 rows rib, working a buttonhole in foll 24th (28th-32nd) row from previous buttonhole.
Cast off in rib.

TO MAKE UP:
With a slightly damp cloth and warm iron, press lightly. Using back-stitch, join side and sleeve seams to colored threads, sew in sleeves. Sew front band in position. Sew on buttons. Press seams.

MATINEE STAR

MEASUREMENTS:	in inches (cm)	
Chest size	19	(48)
Length	11½	(29)
Sleeve	6	(15)

MATERIALS:
Patons Gem Knitting Cotton (50 g), 4 balls, OR Coats Lotus No. 8 (50 g), 3 balls; 1 pair No. 12 knitting needles for Gem, or 1 pair No. 11 for Lotus; 3 buttons.

TENSION:
8 sts and 11 rows = 1 in. (2.5 cm).

BACK:
Cast on 121 sts. Work 11 rows in g st.
Beg patt.
1st row (wrong side) — Purl.
2nd row — Knit.
3rd and 4th rows — As 1st and 2nd rows.
5th row — K 1, * yfwd, sl 1, K 1; rep from * to end.
6th row — K 1, * knit the crossed sts tog tbl, K 1; rep from * to end.
7th and 8th rows — As 5th and 6th rows.
These 8 rows form the patt. Cont in patt until the 8th patt has been completed. **

Waist shaping:
Next row — P 1, * P 2 tog, P 1; rep from * to end. (81 sts.)
Armhole shaping:
Keeping patt correct, cast off 5 sts at beg of next 2 rows. Dec 1 st at each end of next and every foll alt row until 61 sts rem.
Cont without shaping until the 1st row of the 15th patt has been completed.
Shoulder shaping:
Cast off 6 sts at beg of next 6 rows. Leave rem 25 sts on a spare needle.

LEFT FRONT:
Cast on 67 sts.
Work 11 rows in g st.
Next row (wrong side) — K 6, purl to end.
Next row — Knit.
Keeping 6 border sts in g st and beg with a 3rd patt row, cont in patt as in back to **.

Waist shaping:
Next row — K 6, P 1, * P 2 tog, P 1; rep from * to end. (47 sts.)
Armhole shaping:
Keeping patt correct, cast off 5 sts at beg of next row. Work 1 row.
Dec 1 st at beg of next and foll 4 alt rows. (37 sts.)
Cont without shaping until the 12th patt has been completed.
Neck shaping:
Next row — K 6, slip these sts on to a safety-pin, cast off next 9 sts, patt to end.
Dec 1 st at neck edge of next and foll 3 alt rows. (18 sts.)
Cont without shaping until work measures same as back, ending at armhole edge. Cast off 6 sts at beg of next and foll 2 alt rows.

RIGHT FRONT:
Cast on 67 sts. Work 11 rows in g st.
Next row (wrong side) — Purl to last 6 sts, K 6.
Next row — Knit.
Work as left front to waist shaping.
Waist shaping:
Next row — P 1, * P 2 tog, P 1; rep from * to last 6 sts, K 6. (47 sts.)
Next row (buttonhole) — K 2, K 2 tog, yfwd, knit to end.
Complete to correspond with left front, reversing shapings and making a buttonhole as before on the 16th row.

SLEEVES:
Cast on 37 sts. Work 11 rows in g st.
Patt as in back, inc 1 st at each end of 2nd and every foll 4th row until there are 57 sts.
Cont without shaping until the 1st row of the 8th patt has been worked.
Top shaping:
Cast off 5 sts at beg of next 2 rows. Dec 1 st at each end of next and every foll alt row until 27 sts rem, then at each end of every row until 21 sts rem. Cast off.

NECKBAND:
Sew shoulder seams.
With right side facing and beginning at inside edge of g st border, pick up and K 21 sts up right side of neck, K 25 sts across back, pick up and K 21 sts down left side of neck, K 6 border sts. Knit across all sts, including 6 sts of right border. (79 sts.)
Making a buttonhole on 3rd row, work 5 rows in g st. Cast off.

TO MAKE UP:
Sew side and sleeve seams, set in sleeves. Sew buttons in position. Press lightly on the wrong side with a warm iron.

ABOVE: Pretty Pamela dress. BELOW: Pretty Pamela dress with the sleeveless jacket worn over it.

BABY SUMMER COTTONS

PRETTY PAMELA

MEASUREMENTS:	in inches (cm)		
Chest size	16	18	(41-46)
Length of dress	12½	14	(32-36)
Sleeve	5	6	(13-15)
Length of vest	8½	9½	(22-24)

MATERIALS:
Patons Gem Knitting Cotton (50 g), 2 (3) balls for dress, 2 balls for vest; 1 pair each Nos. 12 and 14 knitting needles; size 3.00 (No. 10-11) crochet hook; 3 buttons each for dress and vest; length of round elastic.

TENSION:
15 sts = 2 ins. (5 cm) over st st.

DRESS

LEFT FRONT:
Using No. 14 needles, cast on 54 (60) sts and work 4 rows st st.
5th row — K 2, * yfwd, K 2 tog; rep from * to end.
Change to No. 12 needles, work 13 rows.
19th row — * K 3, yfwd, K 2 tog, K 1; rep from * to end.
20th row — Purl.
21st row — * K 2, yfwd, K 3 tog, yfwd, K 1; rep from * to end.
22nd row Purl, * *.
23rd row — K 2 tog, knit to last 2 sts, K 2 tog.
24th row — Purl.
25th row — Knit to last 5 sts, K 2 tog, yfwd, K 3.
26th row — Purl.
27th row — Knit to last 5 sts, yfwd, K 3 tog, yfwd, K 2.
28th row — Purl.
29th row — K 2 tog, knit to end.
Working 1 patt up centre front, dec at each end (inside patt at centre front edge) of 2nd row and foll 6th rows until 33 (37) sts rem.
Work 3 rows.
Shape armhole:
Keeping lace patt correct and cont dec at front edge (as before), cast off 3 (4) sts at beg of next row.
Dec at armhole edge in alt rows until 24 (27) sts rem.
Cont dec at front edge only until 23 (25) sts rem.
Work 4 (2) rows. ***
Shape neck:
Cast off 5 (6) sts at beg of next row.
Dec at neck edge in next row and alt rows until 12 (13) sts rem.
Work 7 (9) rows.
Shape shoulder:
Cast off 4 sts at beg of next row and foll alt row.
Work 1 row.
Cast off.

RIGHT FRONT:
Work to correspond with left front.

RIGHT BACK:
Work as for left front to ***, omitting patt up centre front.
Work 21 rows.
Shape shoulder:
Cast off 4 sts at beg of next row and foll alt row, then 4 (5) sts at beg of foll alt row.
Work 1 row. Cast off.

Please turn to Page 50

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BABY SUMMER COTTONS

PRETTY PAMELA Continued from Page 48

LEFT BACK:
Work to correspond with right back.

SLEEVES:
Using No. 14 needles, cast on 60 (66) sts and work as for left front to **.
Cont in st st, dec at end of 1st row, then at each end of 3rd row and foll 6th rows until 49 (53) sts rem.
Cont until work measures 5 (6) ins. (15-18 cm) from row of holes, ending with a purl row.
Shape top:
Cast off 3 (4) sts at beg of next 2 rows.
Dec at each end of next row and foll alt rows until 35 sts rem, then in every row until 13 sts rem. Cast off.

TO MAKE UP:
With a slightly damp cloth and warm iron, press lightly. Using back-stitch, join shoulder, side, front, sleeve and back seams, leaving 3 ins. (7.5 cm) open in back seam. Sew in sleeves. Fold hems in half on to wrong side and catch in position.
Using hook, work 2 rows dc evenly around neck and opening edges, working three 2 ch buttonholes along right side of back opening.
3rd row — 1 ch, * 1 dc in each of next 3 dc, 3 ch, sl st back into last dc; rep from * around neck.
Thread elastic through hem on sleeves and gather up. Sew on buttons. Press seams.

VEST

LEFT FRONT:
Using No. 14 needles, cast on 48 (52) sts and work first 18 rows on dress once, dec once at beg of last row.
Dec at each end of 3rd row and foll 4th rows until 35 (39) sts rem.
Cont until work measures 4½ (5½) ins. (11-14 cm) from beg, working last row on wrong side. **
Shape armhole:
Cast off 4 (5) sts at beg of next row.
Dec at each end of alt rows until 17 (20) sts rem, then at front edge only until 8 (9) sts rem.
Work 7 rows.
Shape shoulder:
Cast off 4 sts at beg of next row.
Work 1 row. Cast off.

RIGHT FRONT:
Work to correspond with left front.

RIGHT BACK:
Work as for left front to **.
Shape armhole:
Cont dec at centre in 3rd row and foll 4th rows, cast off 4 (5) sts at beg of next row.
Work 1 row.
Dec at beg of next row and foll alt rows 6 times.
Work 25 (29) rows.
Shape shoulder:
Cast off 4 sts at beg of next row, then 4 (5) sts at beg of foll alt row.
Work 1 row. Cast off.

LEFT BACK:
Work to correspond with right back.

TO MAKE UP:
With a slightly damp cloth and warm iron, press lightly. Using back-stitch, join side, shoulder and back seams. Fold hem up along lower edge and slip st in position.
Using hook, work 2 rows dc evenly around neck and armhole edges, work 3 two ch buttonholes ¾ in. (2 cm) apart, placing first one where neck shaping begins.
3rd row — 1 ch, * 1 dc in each of next 3 dc, 3 ch, sl st back into last dc; rep from * all around.
Sew on buttons. Press seams.

OUR COVER VEST

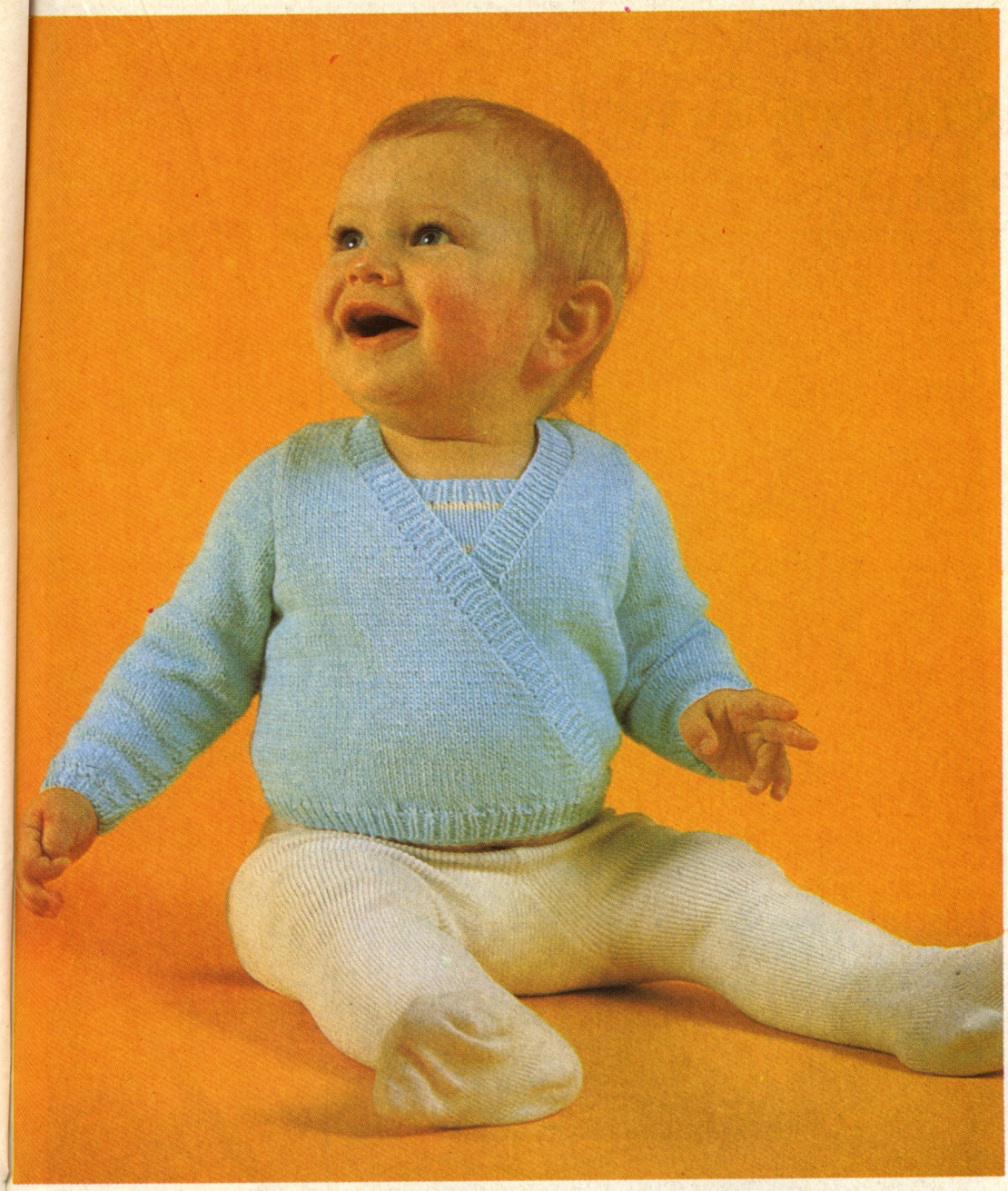
MEASUREMENTS:				in inches (cm)
Chest size	16	18	20	(41-46-51)
Length	8	9	10	(20-23-25)

MATERIALS:
Patons Gem Knitting Cotton (50 g), 1 ball each main color and contrast; 1 pair each Nos. 12 and 14, set of No. 14 knitting needles; 2 stitch holders.

TENSION:
15 sts = 2 ins. (5 cm) over st st.

BACK:
Using No. 14 needles and M, cast on 64 (70-78) sts.
1st row — K 2, * P 1, K 1; rep from * to end.
Rep 1st row 9 times.
Change to No. 12 needles.
Work in st st, working in stripes of 2 rows each C, M and C, and 8 rows M until work measures 4 (4½-5) ins. (10-11-13 cm) from beg, ending with a purl row.
Shape armholes:
Cast off 4 sts at beg of next 2 rows, then dec at each end of every row until 46 (52-56) sts rem. **
Dec at each end of alt rows until 38 (42-46) sts rem.
Work 21 (25-29) rows.
Shape shoulders:
Cast off 3 (4-4) sts at beg of next 2 rows, then 4 (4-5) sts at beg of foll 2 rows.
Leave sts on a stitch holder.

FRONT:
Work as for back to **.
Work 1 row.
Divide for neck:
1st row — K 2 tog, K 12 (14-15), K 2 tog, turn.
Dec at neck edge in every row **at same time** dec at armhole edge in alt rows until 8 (10-11) sts rem.
Dec at armhole edge in alt rows 1 (2-2) time/s.
Work 21 (25-29) rows.
Shape shoulder:
Cast off 3 (4-4) sts at beg of next row.
Work 1 row. Cast off.
Slip next 14 (16-18) sts on to a stitch holder, join yarns to



rem sts and complete to correspond with other side.

NECKBAND:
Using back-stitch, join shoulder seams.
With right side facing, using set of No. 14 needles and M, knit up 84 (96-108) sts evenly around neck, including sts from stitch holders.
Work 6 rounds "K 1, P 1" rib.
Cast off in rib.

ARMHOLE BANDS:
With right side facing, using No. 14 needles and M, knit up 56 (64-72) sts evenly around armhole.
Work 6 rows rib. Cast off in rib.

TO MAKE UP:
With a slightly damp cloth and warm iron, press lightly. Using back-stitch, join side seams. Press seams.

BOUNCING BOBBY

MEASUREMENTS:	in inches (cm)		
Chest size	18	20	(46-51)
Length	8½	9½	(22-24)
Sleeve	6	7	(15-18)

MATERIALS:
Patons Gem Knitting Cotton (50 g), 2 (3) balls; 1 pair each Nos. 12 and 14 knitting needles; 1 stitch holder.

TENSION:
15 sts = 2 ins. (5 cm) over st st.

BACK:
Using No. 14 needles, cast on 64 (72) sts.

1st row — K 2, * P 1, K 1; rep from * to end.
Rep 1st row 7 times, inc 8 sts evenly across last row.
Change to No. 12 needles.
Work 40 (44) rows st st.

Shape armholes:
Cast off 3 sts at beg of next 2 rows, then dec at each end of every row until 48 (52) sts rem.
Work 29 (33) rows.

Shape shoulders:
Cast off 4 sts at beg of next 4 rows, then 3 (4) sts at beg of foll 2 rows.
Slip rem sts on a stitch holder.

LEFT FRONT:
Using No. 14 needles, cast on 50 (58) sts and work 8 rows rib, inc 6 sts evenly across last row.
Change to No. 12 needles.
Dec at end of next row and alt rows until 36 (42) sts rem.
Work 1 row.

Shape armhole:
1st row — Cast off 3 sts, knit to last 2 sts, K 2 tog.
2nd row — Purl.
Dec at armhole edge in every row 9 (11) times, **at same time** dec at front edge in next row and alt rows until 11 (12) sts rem.
Work 15 rows.

Shape shoulders:
Cast off 4 sts at beg of next row and foll alt row.
Work 1 row. Cast off.

RIGHT FRONT:
Work to correspond with left front.

SLEEVES:
Using No. 14 needles, cast on 34 (36) sts and work 8 rows rib, inc 6 sts evenly across last row.
Change to No. 12 needles and work in st st, inc at each end of 5th row and foll 6th rows until there are 52 (56) sts.
Cont until work measures 6 (7) ins. (15-18 cm) from beg, ending with a purl row.

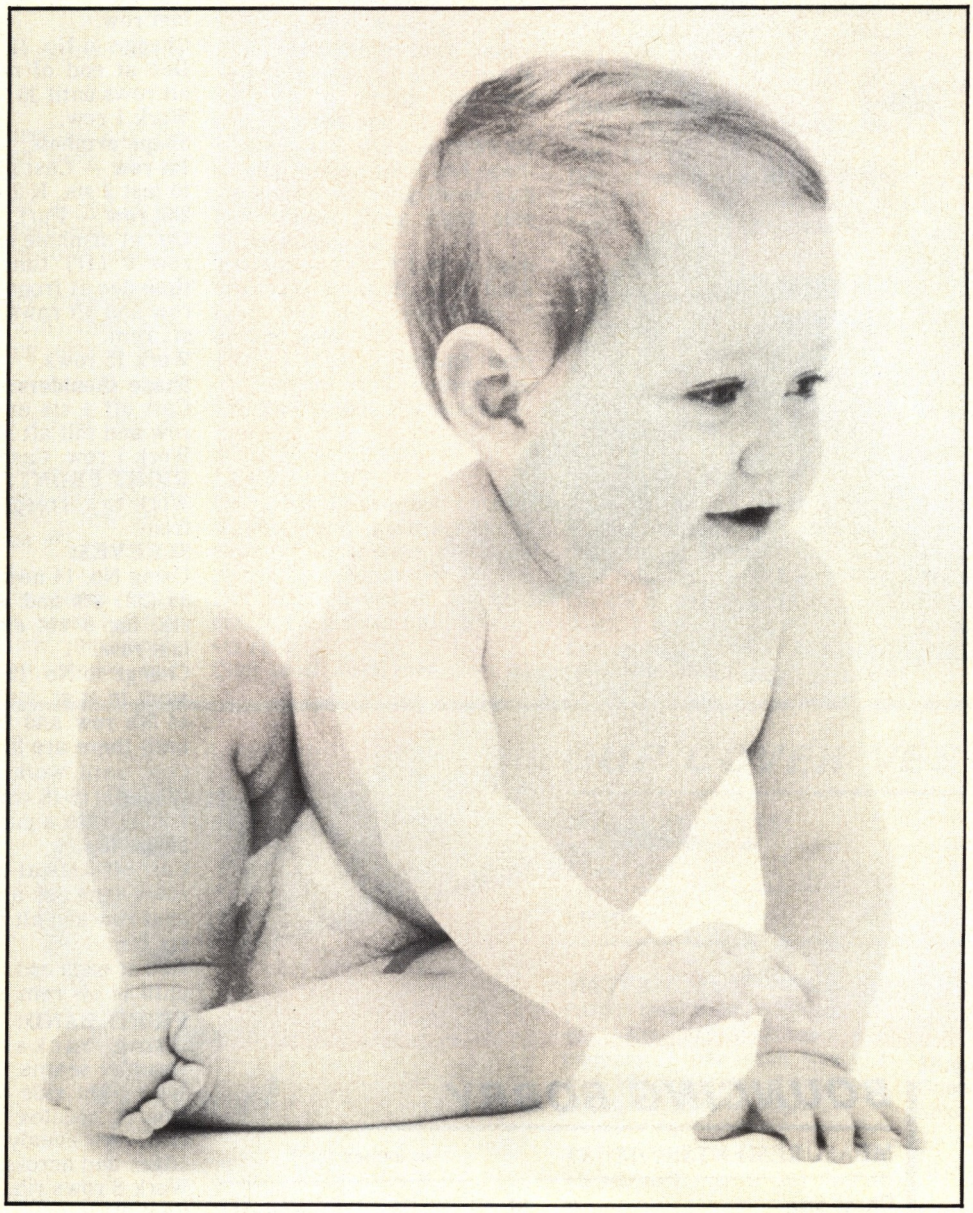
Shape top:
Cast off 3 sts at beg of next 2 rows, then dec at each end of next row and alt rows until 26 sts rem.
Dec at each end of every row until 14 sts rem. Cast off.

FRONT BAND:
Using back-stitch, join shoulder seams.
With right side facing, using No. 14 needles, knit up 170 (188) sts evenly along front edges and across back neck.
Work 8 rows rib.
Cast off in rib.

TIE (make 2):
Using No. 14 needles, cast on 5 sts.
1st row — K 2, P 1, K 2.
2nd row — (K 1, P 1) twice, K 1.
Rep last 2 rows until work measures 14 (15) ins. (36-38 cm) from beg.
Cast off in rib.

TO MAKE UP:
With a slightly damp cloth and warm iron, press lightly. Using back-stitch, join side and sleeve seams, leaving opening for tie in right side at lower edge. Sew in sleeves. Attach ties as illustrated. Press seams.

His nappy is wet. He isn't.

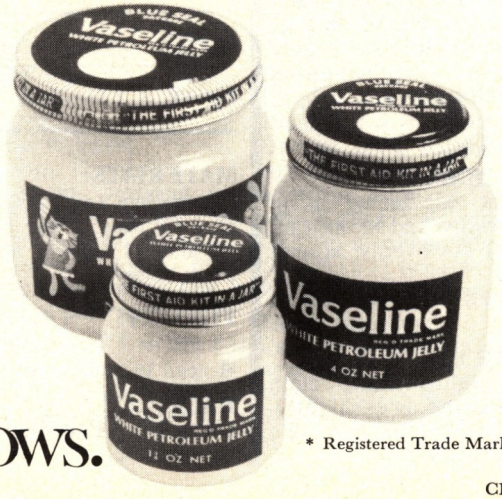


Babies don't wet themselves. Babies wet their nappies. And then the nappy wets the baby. That's unless you do something to stop it.

You can put a barrier between those wet nappies and your dry baby. It's called Vaseline* Petroleum Jelly.

Use it at each nappy change and your baby will stay dry between nappy changes. And dry babies don't get nappy rash.

That's a happy ending.

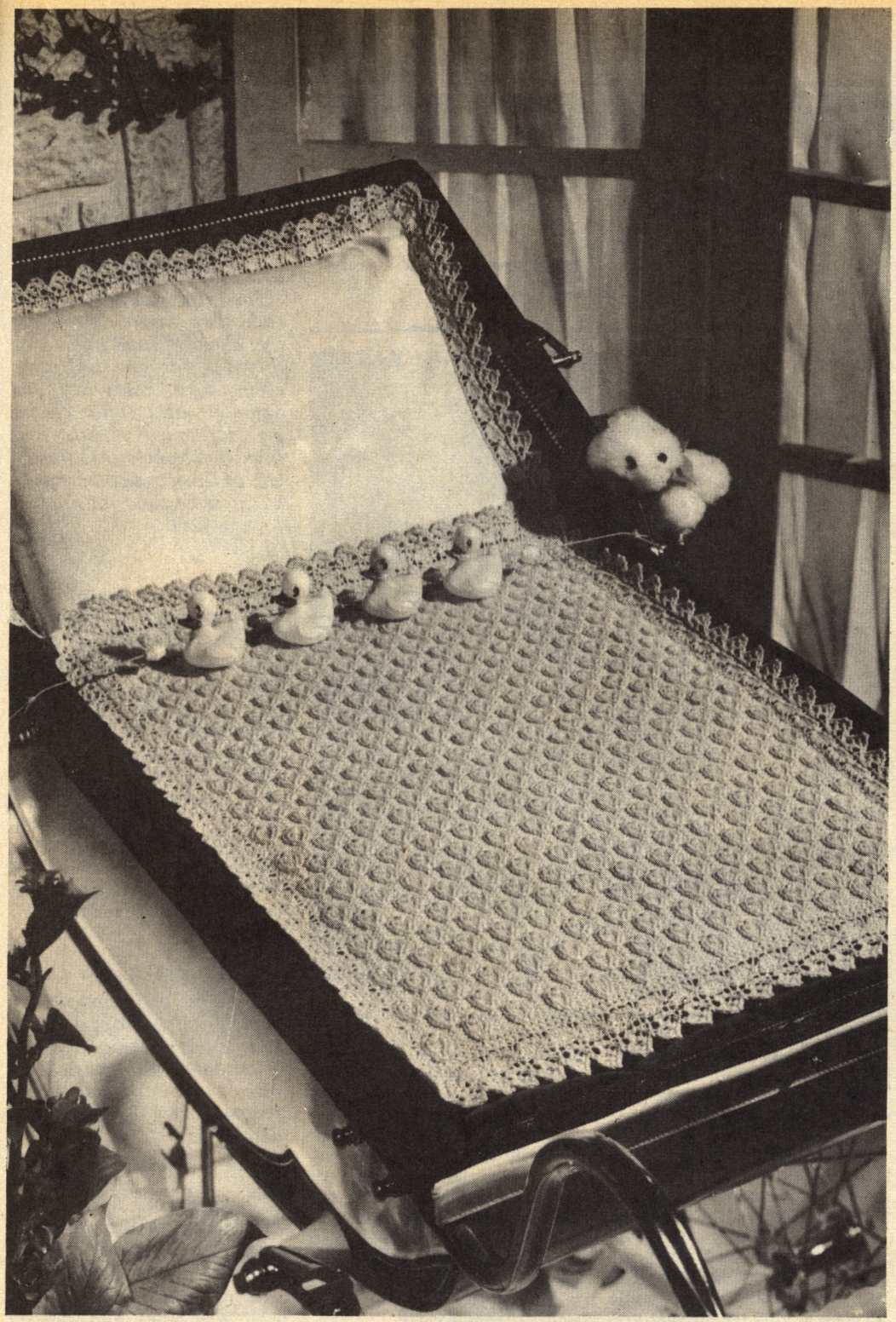


Your baby knows.

* Registered Trade Mark.

CPI 7234

BABY SUMMER COTTONS



PRAM COVER

MEASUREMENTS:	in inches (cm)	
Length of pram cover	24½	(62)
Width of pram cover	18½	(47)
Depth of edging (pillowslip)	1½	(4)

MATERIALS:
Patons Gem Knitting Cotton (50 g), 8 balls; 1 pair each Nos. 10 and 12 knitting needles; 1 pillowslip.

TENSION:
2 patts = 2¼ ins. (5.5 cm), using double yarn.

SPECIAL ABBREVIATIONS:
M5 = into next st work (K 1, P 1) twice and K 1; M6 = into next st work (K 1, P 1) 3 times.

PRAM COVER:
With double yarn and No. 10 needles, cast on 83 sts.
Purl 1 row.
Beg patt.
1st row (right side) — P 2, * M5, P 5; rep from *, ending last rep P 2.
2nd row — K 2, * P 5, K 5; rep from*, ending last rep K2.
3rd row — P 2, * K 5, P 5; rep from *, ending last rep P 2.
4th row — As 2nd row.
5th row — P 2, * sl 1, K 1, psso, K 1, K 2 tog, P 5; rep from *, ending last rep P 2.
6th row — K 2, * P 3, K 5; rep from *, ending last rep K 2.
7th row — P 2, * sl 1, K 2 tog, psso, P 2, M5, P 2; rep from * to last 5 sts, sl 1, K 2 tog, psso, P 2.
8th row — K 5, * P 5, K 5; rep from * to end.
9th row — P 5, * K 5, P 5; rep from * to end.
10th row — As 8th row.
11th row — P 5, * sl 1, K 1, psso, K 1, K 2 tog, P 5; rep from * to end.
12th row — K 5, * P 3, K 5; rep from * to end.
13th row — P 2, * M5, P 2, sl 1, K 2 tog, psso, P 2; rep from * to last 3 sts, M5, P 2.
14th row — As 2nd row.
3rd to 14th row forms the patt. Rep the patt 14 times more, then the 3rd to 6th row again.
Next row — P 2, * sl 1, K 2 tog, psso, P 5; rep from *, ending last rep P 2.
Cast off knitwise.

EDGING:
With single yarn and No. 12 needles, cast on 9 sts. Purl 1 row.
Beg patt.
1st row (right side) — K 1, M6, yon, sl 1, K 1, psso, K 2, K 2 tog, yfwd, K 1.
2nd and alt rows — K 1, purl to last st, K 1.
3rd and 5th rows — K 1, (yfwd, K 2 tog) 3 times, yfwd, sl 1, K 1, psso, K 2, K 2 tog, yfwd, K 1.
7th row — Cast off 5 sts, K 1, yfwd, sl 2, K 4 tog, psso, yfwd, K 1.
8th row — K 1, P 1, into next st work (P 1, K 1) twice, P 2, K 1.
These 8 rows form the patt. Rep the patt until edging is long enough to fit all round pram cover, ending with a 7th patt row. Cast off.
Sew cast-on and cast-off edges tog. Sew edging neatly in position.

PILLOWCASE EDGING:
Work as pram cover edging.

ADVERTISEMENT

Plan your own Beauty Salon at Home

EVERY woman has within her power the ability to become lovelier and younger-looking. Using your bedroom or bathroom at home as your own beauty salon, you can discover a veritable treasure-trove of beauty assets, all waiting to emerge with just a little encouragement in the way of simple daily care.

In planning your beauty salon, you don't need to equip it with velvet curtains and crystal chandeliers to get the best result. A well-lit mirror, colourful curtains, sparkling apothecary jars containing bath oils and coloured cotton-wool balls will all help you in creating the environment for achieving skin loveliness and beauty.

Having planned your home beauty salon, let us examine some of your most important needs. The most important beautifier in your private domain should be one that helps give the skin youthful loveliness. So, on your shelves have a unique beauty fluid that simulates Nature's way to nurturing and protecting the skin, a tropically moist oil blend that will allow the complexion to retain its dewy perfection and petal-soft loveliness. In the confines of your own intimate beauty salon you can now adopt the recommendations of the skin care consultants who advise that to take advantage of its beautifying benefits, a liberal amount of the moist oil blend should be smoothed over the complexion before making-up. The ideal way is to start with the Oil of Ulan below the base of the neck and gently stroke it in an upward and outward direction.

Add more as necessary until the whole complexion is covered with a lovely, dew-like film, from the neck to the hairline including the lips and eye-lids. Due to its rapid absorbency, Oil of Ulan moist oil blend leaves no surplus to be tissued off, and serves as an ideal make-up base. All day long the Oil of Ulan nurtures and helps protect your skin against dryness, winds and strong sunshine, and maintains an ideal oil and moisture balance, so that your complexion will feel and look firmer and your skin whisper "you look beautiful".

THE IMPORTANT ASPECT OF CLEANSING

Your beauty salon routine involves keeping your skin regularly cleansed. Soap and water cleansing for the complexion is often rather drastic, making the skin taut and dry because it has a detergent action that removes too great a quantity of the natural oil that nature provides to protect the skin.

A non-detergent cleansing milk patted on the face and neck will gently lift stale make-up, dust and other impurities from the skin. The dissolving action of a gentle cleansing milk means that you merely have to tissue or rinse it off, and your skin is left absolutely clean, clear and youthfully soft, without being dried out.

TONING BRINGS AN IMPROVED TEXTURE

Always follow cleansing in your salon with toning to close the pores and refine the entire skin texture. Use a lemon fragrant skin freshener to give the skin a radiant appearance as it stimulates the blood circulation, bleaches yellowness of the hands and neck, and clears the pores of excessive greasiness and grime. Any puffiness that sometimes becomes apparent beneath the eyes can be reduced by placing pads of cotton-wool moistened in the freshener over the eyes and relaxing on your bed for 15 to 20 minutes.

YOUR PERFECT MAKE-UP

A perfect make-up must be natural looking as well as cleverly designed to make the most of your facial features. A careful technique and the right type of cosmetics can make all the difference to the results you achieve.

First of all, smooth Oil of Ulan over your entire complexion. Then blend an even film of liquid foundation over the face and neck. Follow with a light application of translucent powder then a blusher. To complement your eyes and make them look larger, apply your latest eye make-up with short feathery strokes, being careful to blend the shades to suit your own skin toning and attire. Complete your make-up with one of the latest lipsticks.

BEAUTY SKIN-CARE CONSULTANTS RECOMMEND

For extra beauty below the chin, concentrate on the fact that all necks have a tendency to wrinkle-dryness and other ageing signs. Every day, and again at night (after cleansing), soften and smooth your neck by stroking in a film of Oil of Ulan moist oil blend, at the same time you apply it to your face.

* * *

Your elbows are often as much exposed as your complexion and require as much care and attention. For elbows that are smooth and pretty, mix up a little fresh lemon juice with white sugar grains. Gently rub this into your elbows in a circular motion. Leave on for a few minutes then rinse off and pat dry. To preserve the new skin, smooth on your Oil of Ulan to keep the elbows soft and free from dryness.

* * *

Keep your hands beautifully soft and smooth by applying a few drops of Oil of Ulan after working in water. This moist oil blend will replace the loss of natural oils drained away by water and detergents.

* * *

To keep your lips soft and pretty give them a generous quota of Oil of Ulan when you do the rest of your face. This light film will help prevent dry lines and protect against weather and also keep your lipstick perfectly smooth.

ZODIAC GUIDE TO SLIMMING

Continued from Page 33

will weigh themselves each morning, just as a check.

They are really the most intelligent people of all about dieting — men and women alike.

Lauren Bacall, a Virgo, fits the above pattern to a tee. Among the men, Gene Kelly's name comes to mind.

ABOVE: Greer Garson.

LIBRA
(Sept. 23-October 22)

Libras, both men and women, like to look good. The women like a nice decolletage, and the men nicely tailored clothes, and so, if they are going to have things this way they must have a good figure to match. They have a strongly developed appreciation of beauty, of aesthetic values.

This then, plus something else, determines their eating habits. The something else is that they are particular about the food they eat. Unlike Leos, who like things because they are expensive, Libras prefer things like black caviar because it tastes delicious.

But their strong sense of the other person, a desire not to appear fat in the eyes of their friends, outweighs a Libran's love for the good things of life. Therefore, when eyeing a dish that they know is fattening, they will eat only a little of it. If safe, they will eat a good deal. They like salads because they know that most salads are low in calories.

As a rule, the Libra man is naturally not heavy, although given to a little excess weight. The Libran woman is prone to pick up weight faster, but mostly she is aware of her weakness. Consequently, a Libran woman should be able to protect herself. Feeling that she's grown heavier she should eat a little less. It will come easily to her.

By contrast, the man will dissipate to get rid of excess weight — which is a typical male Libran's approach to the problem.

What causes a Libran to put on weight? Usually it's the temptation offered by the food itself. The man grows careless, overestimating his ability to get rid of excess poundage when he wants to.

The Libran woman finds herself putting on weight when things aren't working out right with her mate, or the other extreme — when she has grown over-confident. She may even say to herself, "I'm putting on weight. I had better diet," but will do nothing about it — unless she is reminded of what her girl friends may think.

The one sure incentive to diet is fear that she may lose her man. All her husband has to do to get her to go on a strict diet is to imply that he's been noticing other women, all so very slim and trim.

She will have little trouble cutting down. The same applies to a Libran man. But they put weight back on as easily as they took it off, the moment they think that it is not important any more to look slender. This applies much more to women than men.

Greer Garson and Deborah Kerr are two typical examples of Libran women who have kept themselves trim and beautiful for their husbands. Charlton Heston is the perfect example of the male Libran, as is Cornel Wilde.

ABOVE: Princess Grace.

SCORPIO
(Oct. 23-Nov. 21)

They eat and drink anything and everything they want and have a gorgeous time doing it! Richard Burton, a Scorpio, at a private party at Princess Grace's palace in Monarco, enjoyed his food to the hilt. Elizabeth said, "Well, he's not working in a picture right now, so he eats. He can afford to, because he slims down at the drop of a hat."

Scorpios are extremists. They will pick up a fad and will eat the same thing for days until they become sated by it.

The women are more cautious because Scorpio women are very style-conscious. Still they, too, embrace the Scorpio's relentless single pursuit. It is a Scorpio's fixed idea that eating a certain thing is good for you, and conversely, a Scorpio can actually become physically ill from eating things he thinks are bad for him.

If Scorpios overeat, and they do it with relish, they also accept the consequences. Their favorite dishes are very rich and very spicy foods — Mexican and Spanish dishes are perfect for them, and chilli.

The now separated Burtons loved chilli and had it flown to them wherever they were, but it was Richard's whim, not Elizabeth's.

When told that they need dieting to take off excess weight, Scorpios readily comply, but not without first investigating some new untried method. They will go through with it, too, having read about it and being intrigued by it. But it has to appeal to them. It's a Scorpio who will say, "I have been told if I drink three gallons of water a day I will take off weight," and then proceed to drink the three gallons.

In this respect, there is little difference between Scorpio men and women. Women may be more persistent in adhering to their diets because, not unlike Librans, Scorpio women want to please their men.

Generally, though, Scorpios are apt to go off diets when tempted by some delicacy, but they won't do it from weakness like a Cancer person would. They will do it because that's something they just want to eat — it's their relentlessness.

There is no arguing with oneself over "Maybe I should," and "Maybe I shouldn't." Scorpio will say to himself, "Oh, that looks good — I am going to eat it, and if it means I have to diet a day longer — fine!" As far as he is concerned, this 'day longer' is on the other end of the diet — miles away.

This applies to both men and women. There may be quite a few such days and the dieting may prove protracted as a result, but they will get there, because they have character.

I have mentioned Richard Burton. I should mention Princess Grace as well, a Scorpio woman with a lot of character who carries through absolutely what she sets out to do.

ABOVE: Frank Sinatra.

SAGITTARIUS
(Nov. 22-Dec. 21)

This is the most lusty-living of all the signs — think of Winston Churchill with his quart of brandy a day and his cigars. Sagittarians are really gregarious in this respect.

They thoroughly enjoy food, especially foreign food. They would rather have something from out of the country than what is grown in their own garden. They won't turn down home cooking, but if they get the opportunity they will actually go abroad so that they may try out foreign cooking.

They are not gourmets. Librans are. Sagittarians don't discriminate about food. They just eat it.

Sagittarians put on weight easily, and the weight tends to go to their hips. Consequently most Sagittarians have heavy hips, which comes from overeating and applies to both men and women.

A periodic crash diet is more important for a Sagittarian than for any other sign. But you can be sure they won't carry it through. They are just too lusty-living.

They expect the excess poundage to drop off them — just like that. The Sagittarian man will say, "I am not going to eat that tonight," and expect to be pounds thinner in the morning.

Please turn the page

ZODIAC GUIDE TO SLIMMING

Continued from previous page

Sagittarians diet with resentment and annoyance. They will say, "I don't see why I can't have that souffle." "I will have a little of your cherries jubilee, if you don't mind." And they will eat practically all of what's on the other person's plate.

It takes a Sagittarian who has allowed himself to become fat a very long time to drop the excess poundage.

A Sagittarian woman probably has the largest appetite of any sign. This is why I advise parents of Sagittarian children to start controlling their appetites while they are still small.

The problem with the Sagittarian is his conviction that self-control is a good thing — for everyone else! Agnes Moorehead is the typical example of a Sagittarian star who will say, "My masseuse told me not to eat as much, but I don't see any reason why I shouldn't."

A good example of a Sagittarian man is Frank Sinatra, wide hips and all. He may have been thin as a young man, but remember — so was Winston Churchill!

ABOVE: Marlene Dietrich.

CAPRICORN

(Dec. 22-Jan. 20)

Capricorns are organisers. As a result, they can, and often do organise their diet. Most Capricorns have preset eating routines worked out in every detail. If it's the husband who is the Capricorn in the family, he tells his wife. If it's the wife she will work out the routine herself and then follow it right through.

Capricorns have no distinct preference as to the kind of food they may like. Their tastes are individual. Where they are all alike is in their inclination to always eat the same thing. They are the ones that will say, "I have been having the same breakfast for the last 30 years. I am not going to change."

They will do it for two equally important reasons: because they have been doing it for so long and actually enjoy what they eat. The worst thing you can do, when inviting a Capricorn to a meal, is to be innovative. Don't try something new out on him — it's wasted. By the same token, if you stay with the old traditional dishes, you won't go wrong.

Capricorn women are a little more adventuresome in their choice of meals. They will try new things sometimes, but basically they are also conservative and actually prefer to serve — or order — the same dishes they know their husbands like.

A Capricorn's routine also calls for his frequenting the same restaurants. Ask Marlene Dietrich to a restaurant for dinner and, however good a friend you are, expect to be turned down unless you mention the restaurant she likes to go to. Pick the right place and you have got yourself a dinner date.

Capricorns put on less weight than most other signs because of this tendency to eat only such time-tested foods as have obviously been good for them. On the other hand, because they put such store by always doing the proper thing, they may find themselves on occasion eating differently — primarily to please their hosts.

If circumstances like these are frequent enough, they will cause a Capricorn to put on weight. He will lose it quite easily by simply eating less during the next few days or couple of weeks. He will also tend to exercise to lose weight.

A Capricorn should not be offered a prescription diet or dietary foods, however. He will reject it since he will consider it an invasion of his eating habits. Simply recommend to him to stick to what he's been eating, but cut it in half.

Marlene Dietrich simply cuts out all food for a day or two — or three — and is promptly back in shape. She is the classic Capricorn woman. As men go, Cary Grant fits the pattern.

ABOVE: Eva Gabor.

AQUARIUS

(Jan. 21-Feb. 19)

Aquarians are the most indifferent people where food is concerned. If it's ready to be served, they will eat it, but they won't go out of their way for it. They really eat to live — not live to eat. As a result, food is less of a problem for an Aquarian than for any other sign. Because he never overeats he always looks the same.

Think of the late Clark Gable — how well he looked throughout his entire life. Robert Wagner is typical of the Aquarian whose waistline is as constant as his height.

This does not mean that Aquarians will never acquire excess poundage. They occasionally do — because they like people, they like nice things, and so, when finding themselves in appealing surroundings and exposed to food, they will fall into the spirit of things. But they won't overeat, even then.

They will eat more than is right for them, though, and because they are not thin to begin with, and not tall, any excess weight will register faster on an Aquarian.

Aquarian women are very much the same. They can eat or not eat, as they wish. It doesn't seem to make much difference to them. An Aquarian woman is never fat — unless she has a special problem, such as drinking, or there's an outside influence in her chart.

Because of his philosophy of life, his loving people rather than the food that has caused him to put on weight, the Aquarian actually has a peculiar problem while on a diet. A well-meaning friend will say, "Go ahead, eat something!" and the Aquarian will go along. Because people are more important to him than diets, he will have said to himself, "Why, of course, a few more days won't matter" and broken his diet.

Conversely, it will take only a word from that same friend or someone else to get him back on course.

On the other hand, food by itself offers no temptation to him during the course of the diet. He is rather lucky in this respect.

Aquarian women are very much alike. They can say to themselves, "I am not eating any of this any more," and they won't. Aquarians are more casual about their diet than any other sign. They take it in their stride.

Robert Wagner is a typical Aquarian man. I would name the Gabor sisters — Eva and Zsa Zsa — as the typical Aquarian women.

ABOVE: Elizabeth Taylor.

PISCES

(Feb. 20-March 20)

Pisceans love their food, but unlike Scorpios, to whom food is a driving thing, Pisceans like to give their eating a certain degree of decor.

Most Piscean husbands I know like to make a ritual of their dinner. Their wives light candles, serve butter in pretty little patties, cut the crust off the bread and turn the evening meal into an occasion, even when there are no guests. If a Piscean's wife is not inclined to do it, he will often attend to the little niceties himself.

Food lovers that Pisceans are, they are more interested in conventional food than the exotic delicacies that attract Leos so much. Piscean's meals may include seafood, lean meat, green vegetables. He loves liver. While having dinner, Pisceans don't like interruptions.

Pisceans are prone to overweight. They really have to watch the amount of food they consume. Usually this affects men less than women.

Elizabeth Taylor, a typical Pisces, is known to put on weight by indulging in the foods she likes most.

It is the Piscean woman

Please turn to Page 66

The $697 French Dressing

You'd have to fly to Paris to taste a better French Dressing than ours. (And we're not sure you'd find it anyway.)

KRAFT* French Dressing tastes just like it was made in France. And why take less than the authentic taste? So instead of hot vegetables tonight, serve an exciting salad and forget about that fare to Paris!

KRAFT Dressings-the authentic taste every time!

*Reg'd Trade Mark
059 P 748

At your service

One Cook to Another

Ginger Nectar

2 oz. green ginger root
1½ cups water
2½ cups honey

Wash ginger, cut into pieces and bruise. Put into a saucepan, add water and simmer gently 15 minutes with the lid on. Strain, stir in honey. Keep in the refrigerator in a covered container.

Add to taste in soda water, cold milk or iced weak tea. Also tasty as a sauce over ice cream.

E.I., Dundas, NSW.

Orange cocktail

4 small oranges
1 teaspoon lemon juice
Pinch salt
¼ cup crushed strawberries
¼ cup crushed pineapple
1 tablespoon sherry
1 tablespoon sugar

Cut a thin slice from the top of each orange. Remove the juice and pulp. Cut the pulp into small sections and combine with the other ingredients. Fill into the orange shells and chill. Serve in glasses surrounded with crushed ice.

C.J., Camp Hill, Q.

Readers' Requests

BOOKS, MAGAZINES, Mrs. P. Johnston, Omakau, Central Otago, NZ, seeks books titled Rilla of Ingleside and Grandmother Anne, by L. M. Montgomery . . . Mrs. B. Williamson, 7 Drinkall St., Bundaberg, Q, 4670, wants 78 records of George Formby . . Mrs. L. Rice, Box 228, Bourke, 2840, wants Fair Girls and Grey Horses, by W. H. Ogilvie, also the words of the poem The Broken Shoe, from the same volume . . . Mrs. H. Collins, 10 Eleebana Rd., Eleebana, NSW, 2280, wants lawn bowling parodies on popular community songs, also, songs, poems or verses about lawn bowls, for women's functions . . . Mrs. M. Metcalf, 11 Crescent St., Narrandera, NSW, 2700, seeks the books, Arthritis and Folk Medicine, by Dr. D. C. Jarris, and Yoga Instructions by a noted Indian woman yoga specialist, advertised in NI . . . Mrs. S. LaBatlus, 10 Stackpoole St., Noble Park, V, 3174, wants the following books by Ethel Turner, The Ark in the Bush, In the Mist of the Mountains, Fair Ines, Flower of the Pine, Judy and Punch, Stolen Voyage, Story of a Baby, An Ogre up to Date, also books by Mary Grant Bruce, titled, Dick Lester of Kurrajong, Timothy in Bushland . . . Mrs. E. Evans, 22 Riverview Rd., Benalla, V, 3672, wants Victorian school readers, first, fourth and fifth books.

MORE READERS' REQUESTS ON PAGE 74

Handy Woman

Great with pork

TRY stewed rhubarb with pork as a delicious change from apple sauce.

Jalas, Nhulunbuy, NT.

HINT OF THE WEEK

WHEN you buy jeans for small boys, make sure they have back pockets. These can be removed and used to reinforce the knee area which gets most wear.

Iona, Annandale, NSW. ($2 for this hint)

Makings for mint sauce

FOR mint sauce concentrate, chop freshly-picked, washed mint, put into a jar, cover with golden syrup, then cover jar tightly and store in refrigerator. When ready to use, add hot water and vinegar to taste.

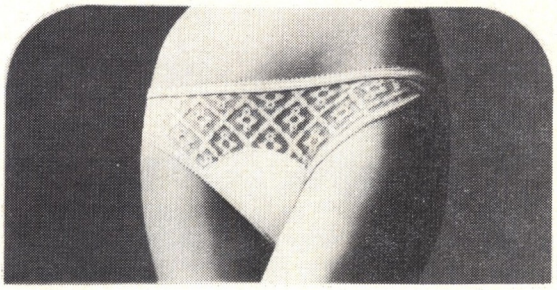
Aquarius, Lakemba, NSW.

★★★★★★★

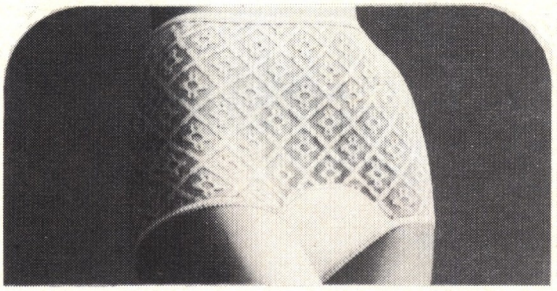
WE pay $1 for recipes published in One Cook To Another; $1 for Handy Hints; $2 for Hint Of The Week. All contributions must be original, and please print your name and address clearly and state your postcode.

Most comfortable, secure way to wear a napkin

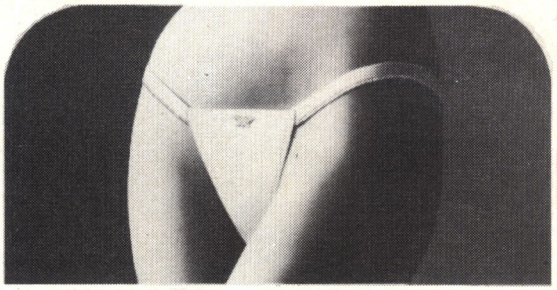
Extra protection, no belt needed.



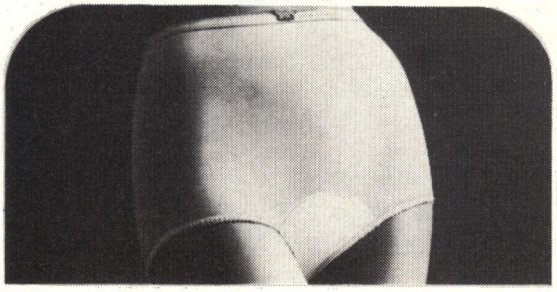
Modess Panty-Kini* in stretch nylon lace.



Modess Brief in dainty stretch nylon lace.



Modess Sanitary Shield, feather-light.



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Only Modess has so many belt styles to choose from. Vee Form* Fine Form* De-Luxe and Adjusta-Form*

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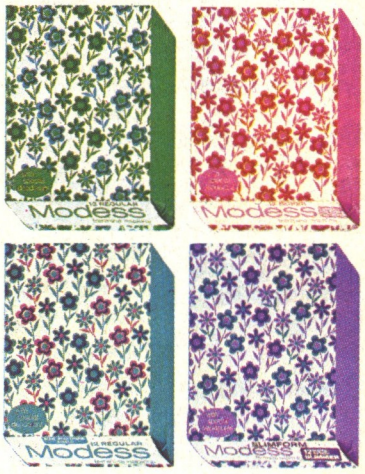

Johnson & Johnson

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Mere Male

Readers tell their stories of the stronger sex

No water bed

MM WAS so tired he was heading for bed immediately after dinner. I asked him if he would like coffee in bed. "No thanks," was the smart reply. "I would rather drink it."

Ha Ha, Redland Bay, Q.

Spice of life

FRIEND'S MM was going to the butcher's, so she asked him to bring home a lamb's fry. He arrived back with two hearts and when tackled about this said, "I could not remember what it was you wanted, but I knew it was something that kept you going."

Logical, Ganmain, NSW.

Just quietly

MM DECIDED to take our dog Jamie to work for a day. When he returned, MM said Jamie had behaved himself very well but the next morning I heard MM say to him, "You are not coming today because you are too much of a pest." When I asked MM why he had told me that Jamie had been no trouble the day before, he replied, "He was good. But I'm not going to tell him that."

J.B., Chifley, ACT.

No hurry

MM IS always getting words back to front, especially in company. Once, as we were giving a dinner party and I was serving the meal, he told everyone, "Jill is so slow you had better not start — just wait."

Who's Slow, Toowoomba, Q.

On the ball

WHILE eating breakfast, my young brother showed MM a scratch on his football. Not very pleased, MM burst out, "That is the trouble with you young ones today. Buy you something and all you do is kick it around."

C.O., Grove, T.

Quick bite

FEELING miserable, I looked for some sympathy from MM. "It certainly is difficult to wear new dentures," I told him. "It certainly is difficult to pay for them," came his abrupt answer.

Oh, Dear, Breadalbane, NSW.

Sympathetic

MM PICKED me up from work and I explained I had been ill and lying down in the staff room all afternoon. "Gee, that's bad," said MM, "Tonight you must go straight to bed — just as soon you finish the washing up."

Lucky Me, Bagdad, T.

Hair-raising

WHEN MM and I were married, he had thick hair on his head and a hairless chest, yet now after five years he is almost bald, but has fairly thick chest hair. Our doctor cannot explain it, but MM claims he can. "It is simply that in the past five years I have had to pull my head in," he says.

Hairy, Fortitude Valley, Q.

Cold shoulder

MM WORKS very long hours and often I am asleep when he gets home. On a cold night I retired earlier than usual and forgot to turn on the electric blanket on his side of the bed. Several hours later I awoke feeling very cold and on the wrong side of the bed. Guess who rolled me over and got in on the warm side of the bed?

M.R., Coogee, NSW.

In a jam

AS our MM disliked pineapple, his MF marked the newly made apricot and pineapple jam "Apricot Special". MM voted this delicious and ate most of five jars. When half-way through his sixth, MF told him what the special was. "I don't eat anything with pineapple in it," he announced. "It always makes me violently ill." And he would not touch any more of that jam.

Ima Mark, Ballarat, V.

Bad timing

WHEN I told MM the alarm had gone off he jumped out of bed, looked at the clock and said it was a quarter to seven. We should have been up by half past five. We got dressed, MM went to saddle the horse to bring the cows in and, after feeding the hens I went to check the time. It was just after midnight. MM had set the alarm and wound the clock but had forgotten to set it at the right time.

Early Bird, Wallaville, Q.

Counsellor

MY young niece and her husband being without parents brought a marital problem to MM and me. The discussion grew heated and the word "divorce" was mentioned. "Hold on," said MM wisely. "If you get a divorce, that will not do your marriage any good at all."

True, Blair Athol, SA.

Caught napping

THIS MM, married but with no children, was left to mind a friend's baby. When she needed changing, he decided to do it on the floor. The folding of the nappy had him baffled and, by the time he had worked out a suitable way, the baby had become bored and crawled out of the room.

Mandy, Ngatinoti, NZ.

Old gold?

AFTER trimming MM's hair I remarked that he was becoming a little thin on top. His quick reply was: "I'm not going bald. I am just turning into a mature blond."

Blondie, Tamworth, NSW.

Brave?

I THOUGHT I heard a prowler and asked MM to investigate. First, he walked through every room in the house switching on all the lights, then, after five minutes, he finally ventured outside. "You must have been mistaken," he said when he returned, "there was no one there." But no wonder!

No Wonder, Marion, SA.

Farmed out

WE have recently bought a farm, but as MM has a business and can't spare the time, I am doing all the renovating. I asked him to teach me how to use a chain saw as I was tired of swinging an axe. "No deal," he said, "a woman's place is in the home." And, waving his arms around the 25ft. x 15ft. lounge, he said, "So hurry up and finish painting this room."

Sis, Lalor, V.

Singly blessed

OVERHEARD the piping voice of our daughter in the adjoining room. "Dad, what sort of man is a bachelor?" Came an audible sigh and the reply, "A happy man, my girl."

Old Stager, Murgon, Q.

Like clockwork

MM, TURNING over in bed, said, "I wake up every night at this time." Then he added, "What time is it?"

Bewitching, Murrurundi, NSW.

Backed to front

AT the races one Saturday, MM became flustered because I asked him to buy me some food and drink before the start of a race. Rushing to the counter he announced: "A white pie with two sugars and a coffee with sauce, please."

Dead Heat, Modbury, SA.

Plain talk

I HAD promised my MM to knit him a sweater and asked him to choose a pattern. He pointed to a sleeveless, fair isle pullover: "That's what I will have," he said. "But with sleeves and no pattern."

Odd Ball, Unanderra, NSW.

Unfamiliar

FOR a couple of years I had been nagging about getting new lino in our bedroom as the pattern was badly worn and barely visible in the doorway as it had been down for 16 years. But MM kept telling me to leave it a bit longer. Then, in a burst of energy, I moved the furniture, lifted the old lino, put the unworn part in the doorway and hid the offending part under the bed. It looked fresh and new again. When MM came home I proudly showed him my handiwork but was floored when he said: "Where did you get that? I don't like it."

E.J.B., Portland, V.

Jumped to it

MM, A FRIEND, whose wife was overdue having their first child, promised to let us know as soon as the baby arrived. I greeted him with: "What is it? What is it?" as he madly raced up our path. He replied: "It's a broken water pipe and the engine has seized. Could I use your phone to call the RACQ." No baby — just car trouble.

Kay, Cooper's Plains, Q.

Squashed

MM (BOY FRIEND) and I got stuck at a party with an awful bore of a fellow who boasted unendingly about his prowess at riding motor bikes, racing his fabulous car and at giving hip parties at his flat. MM began to yawn, but to no avail. The fellow went on to say how he had a part in a play on TV. Hoping to outshine MM once more, he asked if MM had ever been on TV. When MM said yes, he remarked, "What? Some chance appearance on the news, eh?" "No," my MM replied, looking him straight in the eye, "I had to stand on it once to change a light bulb." The other finally got the message.

A.D., Esperance, WA.

Played possum

AFTER nights of not sleeping because of possums in the roof, MM threw stones at a small tree by the house trying to chase a possum away. As the possum only stared back and did not move, I suggested that MM tie a rope around the tree and shake the possum down. Guess who had to do it while MM stood inside the house watching? His sheepish excuse was, "I thought the possum might jump on me. They can scratch, you know."

Chicken, Dareton, NSW.

Nettled

MY daughter and her new MM came for a weekend visit to me in the country. Busy getting dinner, I asked MM to get me some mint from the garden. He returned looking very glum, complaining that the mint was stinging his hands. "No wonder," I thought, as he put a bunch of stinging nettle on to the table.

City Slicker, Woodville, SA.

No base

WHEN our daughter was nearly seven months old, we tried sitting her on the floor to play, but she kept falling to one side. MM commented confidently, "That is because she's got a round bottom."

Squares Not, Seaford, V.

Lifer

MM AND I were married in a country registry office, by a magistrate who had suspended MM's driving licence eight months previously. MM's comment as we left the courthouse after the ceremony: "That guy does not like me. This time he sentenced me to life."

M.J.V., Ipswich, Q.

Shocked

I HAD a letter from MM (university student son), saying that he had bought some brake fluid to put in the brakes of his motor scooter. When he opened up the bike he found it had spring shock absorbers instead of hydraulic brakes. His letter ended: "Anyone want to buy some hydraulic fluid — cheap?"

Babs, Primbee, NSW.

Original approac

OVERHEARD an MM asking his lady to dance at a charity ball. "Let us shake the supper down," was his gallant invitation.

Kanga, Young, NSW.

Feast or famine

WE had received 194 points of rain in 12 hours, so you can imagine my surprise when MM asked, "Have you watered the strawberries?"

Noah's Wife, Loxton, SA.

Dished

MM WAS being extremely helpful and did the dishes. He came in complaining that the detergent was no good as it didn't bubble up as usual. No wonder. He was using my cooking oil left to cool on the sideboard.

Oily, Oakey, Q.

Ha ha

THE doctor began to ask this MM some questions about his health. "Did you wake up grumpy this morning?" "No," replied MM, "I let her sleep."

Ex Wunghu, Yerloop, WA.

Verbose

MM (BROTHER) was away on holiday and sent a letter. On opening it, we found that all he had written was: "Here t'is." Two days later another letter arrived saying, "Lucky, here's another one." Typical.

S.L., Traralgon, V.

Claw point

MY efforts at manicuring with my emery board were interrupted by this query from a sleepy MM: "Could you finish sharpening your nails and turn off the light?"

Witching Hour, Wollongong, NSW.

Energetic

"THE trouble with you is that you don't get enough exercise. You should walk more," said MM as he got into his car and drove away.

Why Me, Mallacoota, V.

Cold cuts

I HURRIED into the bedroom to tell MM that I could not cook him any breakfast because of a power cut I had forgotten about. His instant reply was, "Not to worry, love. I'll just have tea and toast."

Bel Ren, Katherine, NT.

PICK OF THE BUNCH

WHEN MM was going shopping I asked him if he would buy me a pair of slacks, but forgot to tell him my size. When the saleswoman asked how large his wife was in the hips, he replied, "I don't know. But we have a 21-in. TV set and when she walks in front of it, she blots it out completely."

Fat and Forty, Hamilton, Q.

($5 for this par.)

Sheepish

MM, A RETIRED sheep owner and now publican, put his genius to work and came up with two signs, "ram" and "ewe" which were hung above the appropriate toilets.

C.N., Broken Hill, NSW.

Houseproud

MM DECLARED that the last of the cold evenings were gone and, as we would not need any more mallee root fires, he would blacken the grate, ash holder and fire surround. It looked very nice indeed but, when it turned cold again, did he have to refuse to light a fire as I sat miserably over a one-bar radiator with a clothes horse full of partly dried garments waiting to be aired by the fire? MM just could not bear to see his beautiful shining black grate go grey again.

Tassie, Henley Beach, SA.

Prediction

MM WAS peeling potatoes with my much-loved six-year-old potato peeler, veteran of many camping trips. MM said: "These manufacturers have you women fooled. They only make the handle brown so that when you wrap the peelings up you won't see the peeler and throw it away. Then you have to buy another." And that was the last I saw of my peeler.

Spud, Wallington, V.

Facts

MY aunt launders clothes for two bachelor MMs. When she admonished one of them for always leaving things in his pockets (money, tram tickets, receipts, car registration and even a bank statement), he grinned and said, "Just a few more washes, Mrs. B. and you'll know the story of my life."

Mitta, Bairnsdale, V.

Explicit

RECENTLY experimenting with some Italian cooking, I asked MM what his favorite Italian dish was. "Claudia Cardinale," he replied.

Men, Caboolture, Q.

Running

MM (FATHER-TO-BE) was being told of an acquaintance's baby, who cried almost continuously while awake. "Surely the doctor could give him a laxative to settle him down a bit," said MM wisely. (I presume he meant a sedatime.)

He's Mine, Tamworth, NSW

Very apt

I CALLED at my son's place at evening meal time. With four pre-schooler tots, he greeted me with: "Come in if you feel fit. We are having meals on squeals."

How Right, Ferryden Park, SA.

Spooked

TRAVELLING interstate on holiday, we ran into heavy fog. As we were on an unknown road we stopped off the road where we thought it was safe. MM laughed at my talk of ghosts and spooks, but imagine our horror when waking the next morning to find we had parked in the driveway of a cemetery?

Casper's Friend, Thornbury, V.

Reasonable

MM (FIANCE) rang his mother to say he was sleeping at my place for the night. "Why?" his mother asked. "My pyjamas are here," was his excuse.

It Worked, Northmead, NSW.

Liberation

MY uncle was on his way home by train in a full compartment. The train was about to depart when a young lass got in wearing slacks and smoking a cigarette. One chap rose to give her his seat, but was restrained by an old-timer MM who said: "She wears pants like a man and smokes like a man — so let her stand like a man."

E.C., Indooroopilly, Q.

Dieter's dream

MY very overweight MM informed me that he was on a strict diet and was "cutting out all between-snacks, because that is the reason people put on weight". He then passed his plate for his third helping of steamed pudding and ice-cream.

Still Laughing, Mosman, WA.

Impatient

MM HAD a sore throat and rang the doctor to make an appointment. When he had finished speaking to the receptionist, he looked most disgruntled. "I cannot see the doctor for four days," he said. "And by that time I will probably be cured."

Ursch, Auckland, NZ.

Insulated

THE tanks were getting low and baths were out, so Mother decided that the children could don their costumes and swim in the dam to get a good wash. The weather was still a bit cool and teenage MM joined the others in a wet suit "for a wash." How?

Aries, Davistown, NSW.

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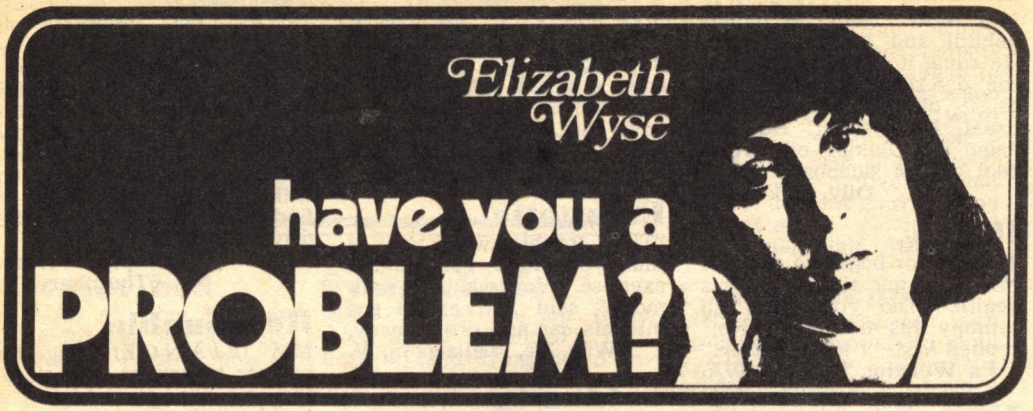


Communication bogey persists

IT has been recently noted that many Australian teenagers seem to live in quiet desperation. This discouragement often seems related to their relationships with their parents. Young girls, particularly, are frustrated by what they interpret as too much parental control. Or they feel fear and guilt because of the things they may do behind their parents' backs. Although the majority of parents are interested in, and anxious about their children, they need to realise that the price they pay in poor communication, coupled with too much control, may be a child who engages in behavior of which they would not approve. These parents are not made aware of this hidden "life" until perhaps some crisis occurs. The following three letters are from young girls who are suffering from this lack of communication:

I AM a young teenager and I am going with an 18-year-old boy. The only time I ever get to see him is either at school, after school or during weekends. I tell my parents I am going over to my girl friend's place but I just use that for an excuse. I feel awful every time I lie to them because they are always good to me. I cannot go out at night to dances and things like that because they say I am too young. But we both love each other. One day after school he asked me to have sex with him but I did not because I do not want to offend my parents as they are really good. He asks me to try to sneak out at night. I did once but I got caught and from then on they do not trust me as much as they used to.

IF your parents are always good to you, I find it difficult to understand your reluctance in letting them know about your boy friend. It is likely that they would not feel comfortable about you becoming serious with any boy at your age. On the other hand, as you describe them, I feel that they would be willing to work out some kind of compromise with you which would allow you to see your boy friend under certain limits of time and conditions. One note of caution! You should perhaps be somewhat on your guard since this boy has asked you to have sex with him. He should know that at your age it would be very much to your disadvantage to engage in anything that could complicate your life. If he does not respect you in this matter, I think I would feel suspicious of his motives. If all he wanted was just your friendship, then I feel he would not fear going to your house.

I AM 14 years old and in love (probably puppy love) with a fantastic boy of 15. I feel very sick and unhappy because of my mother. My boy friend walks me home from school two nights a week and the other three nights he studies because he wants to be a good worker. My mother hates my boy friend although she has not met him yet. Also she embarrasses me in front of my friends whenever they come up, for if I ask to go somewhere she says "no". Neither of my two sisters will help me. They just laugh at me. My boy friend and I do not do things that we shouldn't. Could my mother be afraid of me getting pregnant? If she is, how can I tell her that my boy friend and I don't care for sex and all that stuff.

I SYMPATHISE with your frustration when others may be anticipating misbehavior on your part. Why not ask your mother if she is afraid of you getting pregnant? That will give you an opportunity of explaining to her that your boy friend does not care for "sex and all that stuff". Sometimes the wishes of parents do not seem to make much sense to their children, either because the children have not asked their reasons or because the parents have not taken the trouble to explain their motives (e.g. "You can't because I say so" is a common answer which explains nothing). I do feel that it is unreasonable of your mother to disapprove of the boy without having met him, if that is indeed the case. Why not suggest that you bring the boy home to meet her? I do feel that you might be taking this all too dramatically and seriously, which could account for your sisters laughing at you.

I WANT to go out with my boy friend more often, have him pick me up and bring me home, and have my parents know about it. I love him very much. My mother doesn't want me to get too serious but she would allow me to go out with him because she knows him and trusts him, but my father wouldn't. He says I am too young and it's only puppy love. I am 14 and he is 19. I admit I am young, but I look and act a lot older. I sometimes meet him at the local dance on Saturday night and go out with him behind my parents' backs. The other night he told me he loved and respected me and would not take advantage of me. My father thinks that he might try. I know he won't. Although I have been going with him for 12 months my father is trying to stop us seeing each other so often, which could cause us to break up. My boy friend said it is either him or my parents and I am too scared to ask my father if I can go out with him. It is beginning to make me nervous and unhappy.

IT is not pleasant to be deceitful to those we love, especially to our parents and it seems unfair of your boy friend to demand that you make such a choice, particularly at your age. I was not quite certain from your letter if you had asked your father's permission to go out. After all he might not refuse if he could set down the limits. Perhaps the best strategy would be to explain to your parents that you would like to be completely open and above-board with them. At the same time point out that there are ways and means of doing what you want without their knowing, but that you do not relish doing this and would appreciate their co-operation. The ideal way is for children to acquaint their parents with what they would like to do and then for the parents and children to work together until they can come to some consensus of compromise about it. However, I do feel that getting too serious with "adult - type" relationships when you could enjoy being young and carefree is unfortunate. Remember (in spite of your boy friend's assurances that he will not take advantage of you) if you get too involved emotionally that the time will come when you may be under pressure from him to become more intimate.

Should we leave town?

I AM 16 years old and have three older brothers. Our father left us when I was just a little girl. The problem is that my mother is 45 and is expecting another baby. I am the youngest child in our family and she is very good to us and hardly ever goes out. When she does, she goes out with some very good friends of ours. Several months ago she went to a party with them and had a

little too much to drink. My brothers and I are very upset over the whole matter. We will do anything to help her, even though we are very upset. I am still at school and am afraid that my friends will find out. Also we do not know the father of the child and she will not tell us who he is. Do you think we should leave town until the child is born or stay here in our home town?

THE important thing is that your mother is very good to you and you all would do anything to help her. With this loving atmosphere in the home you are bound to overcome what may seem a terrible situation. Remember, this is probably a difficult time for your mother particularly because she is having a baby at such a late age. It is essential that you make her pregnancy easier by being proud of her. Going away would only make things more difficult for her by showing people that you are ashamed and will not stand by her. If anything, an experience like this can bind you all closer together. You must learn not to care what other people say, especially thoughtless youngsters at your school. If your friends are worthwhile, they will not forsake you. If anyone says anything, just laugh and say "Isn't it terrific? We are going to have another brother or sister. I hope it is a sister as I have always wanted one." Then you could add: "We are thinking of names. Can you suggest any good ones?" By gaining their cooperation, this could turn out to be an exciting event. If your mother feels your love and desire for the baby, she also could learn to be proud of it.

Demonstrate disinterest

I AM 24 years old. There is a man we know who has been phoning me and visiting our place every two weeks with the excuse to see my husband about work. He keeps telling me he is in love with me, that his wife is cold towards him and only likes sex once a week, and that one must grab at happiness while one can as life is very short. I don't want to get mixed up in anything as I am happy with my husband and have two lovely children. Other men have asked me out but I said no as they only want one thing. I would like to become a stronger person who is not tempted by men. Also my husband's brother-in-law comes over quite often with excuses just to see me. He grabs me and tries to be intimate and will not listen to me when I tell him to leave me alone. I have even told him I will tell my husband but he won't listen. I think he gets a kick out of this.

I CANNOT decide how much significance to attach to the statement in your letter "I would like to become a stronger person who is not tempted by men." It would seem to me that these men are aware of the struggle you are having with yourself. They could be aware that you are tempted by other men and are making every effort to exploit that temptation. However, you may continue to suffer this kind of attention from men until such time as you have really made up your mind Once you have done this, it will be only too obvious from your manner, and these men will automatically refrain from annoying you. Isn't it possible for you to get your husband to help you? Do not threaten to tell him unless you really mean it. I advise that you tell him immediately before this all gets out of control or before he hears about it from someone else and misconstrues the whole situation. It is surprising how handy husbands can be in situations like these.

Talks behind our backs

A GIRL in my group of friends is always picking on the rest of us. She talks nastily about us behind our backs and recently we found out that every morning she tells her mother that she feels sick and that she doesn't want to come to school. The doctor thinks that is may be nerves or a stomach ulcer. She gets kicks out of pushing people down the stairs, hitting, punching or anything which hurts people physically and mentally. What should we do?

I SYMPATHISE with you for in a sense you are in an awkward and uncomfortable situation. Despite the unhappiness she causes you, it is still embarrassing to have to reject or ignore an erstwhile friend. As you describe this girl, it seems as if she might be disturbed and in need of professional help. This is of course the kind of help you cannot provide. As you must realise, it would be up to her parents or teachers to arrange for her to see the proper person. Meantime you can decide either to put up with her as she is or to say to her that until such time as she changes markedly in her behavior, you would all prefer not to have her around. When you allow a person to make things unpleasant for you, then you have to bear the consequences. Therefore in one sense it is partly your fault that she behaves this way.

Reveal your relationship

I AM writing this in answer to a letter in your column, "What is marriage without love?" I was going steady when I was 17 but was never really sure whether I loved the boy. He told me he loved me and I told him the same, although I know I should not have. We went together for more than a year when I became pregnant. My parents made us marry although I did not want to. I hoped that I could love my husband, but I never could and I don't think I ever will. We have a nice house which we are buying and we have nice furniture. We also have two very beautiful children. We don't want for anything and I respect him, but a marriage should not be like this. Two years ago, just after my second child was born, we became very good friends with two of our neighbors. Their marriage was quite a bit like ours and within six months I realised that I was in love with the husband. I would have remained silent but one day he confessed that he loved me. We still love each other and would like to be together and share the future with one another. His job does not pay as well as my husband's but this would not matter as long as we could live together. I am now having his baby which pleases us both but we will not be able to share our child as we would like to, at least not for many years to come. He has three children and we are not selfish enough to upset the lives of these six innocent children. I respect him more for feeling like this. I have had one nervous breakdown although I am only 21. I hope this will show others what a mistake marriage can be when you are young and unsure of your feelings. I have learned my lesson too late because now I must lie on the bed I have made. It is not worth wasting one's life and those of others this way.

THANK YOU for your letter and for sharing with us your experience. It is unfortunate but often true that many people are either forced or rush into marriage before they are mature enough to make a wise decision. In your case you say you are not being selfish enough to upset the lives of your six children, but I feel you might be and could bring sadness down upon them if you continue things as they are. Children don't automatically benefit from the parents staying together no matter what. It is unfair and dishonest of you both to carry on this kind of relationship (however important it is to you) behind the backs of your respective spouses and children. I would advise that you either make a decision to break off your relationship or form an open and consequently honest life together.

Always room for hope

I AM writing to give a little comfort and hope to all the childless couples who long for a baby. Two years ago we were told we would never be able to have children as I had had three ectopic pregnancies with the result that both tubes shattered. I am very lucky in having a husband who understands and supports me, also a gynaecologist whom I consider the best, with the result that I am now, after several operations, nearly five months pregnant.

CONGRATULATIONS! I can understand why this should be a time of great rejoicing for you and your family. The most important idea expressed in your letter was that you have an understanding husband and a persevering gynaecologist.

Write to me if you think I can help you with your personal problems. Address your letter to ELIZABETH WYSE, at NEW IDEA, BOX 1292K, P.O., MELBOURNE, VICTORIA, 3001.

SIGMUND'S SONG

by ALEXANDER VISCONTI

ILLUSTRATED BY EILEEN ROBERTSON

Fiction

EXACTLY one thousand years ago, on the twenty-sixth day of December, in the year of Our Lord, nine hundred and seventy-three, Sigmund the Saxon, son of Ethelred, Socman of Lyndhurst, of the pure line of Aluric the Thane, he of the great and ancient banner of the Black Boar, came to the castle of Wenceslas, King of Bohemia.

The river Vltava was as a roadway, frozen solid. The iron-shod hoofs of Sigmund's grey palfrey rang on the blue ice as he made the crossing and the breath of the tired old mare streamed like smoke from its nostrils when it floundered up through the deep snow drifts in the dark line of fir trees that rimmed the farther bank.

The shivering horse, like its shivering master, was 100 leagues and many years of wandering from the mild, grassy glades of Wessex.

The day was dying blood red in the west when horse and rider broke from the sombre forest to the rough line of road leading eastward to the castle, a great, brooding pile of dark granite, dominating the tiny town which in centuries yet to come would be known to all of Europe as Prague, the Golden City.

Sigmund pulled the wolf-skin cloak more tightly about his body. He carried neither sword or axe, nor spear or mace, but across his back was slung a lute, which proclaimed to all his calling.

In an age of uncertainty, when even the most powerful of princes could not know real security in his castle; when the perils of travel exposed the noble and the rich to the constant threat of capture, ransom, robbery and death, Sigmund carried two sure passports of personal safety — his obvious poverty and his lute.

The first was his safeguard against robbery, for he owned nothing of value and the second was an even stronger shield. For Sigmund the Saxon was a jongleur, a singer of songs, a teller of tales and bearer of news. In his native England he was called a gleeman, but it was 10 years since Sigmund had seen the great, white chalk cliffs of Wessex fade into the Channel mists and since then he had roamed Europe, from north to south, from east to west.

He was a big man, more than six feet tall with a strong face dominated by bright, blue eyes. His long hair and beard were yellow blonde, now flecking with grey, for Sigmund was 42 years old.

In his brain he carried more than 100,000 lines of the great, epic Songs of Deeds, from the Romance of Roland to others, more rough and bawdy and suited rather to the camp than to the castle. And in his fingers that plucked the strings of the lute was magic to cheer an often cheerless world.

The day had ended as Sigmund's horse clattered over the drawbridge towards the dark, yawning gateway of the castle of Wenceslas the King. Torches were already blazing in their iron brackets and in the yellow flicker of the flames, Sigmund could see the gleam of arms through the narrow slits that lined the tunnel-like entrance. As he passed through, he heard the groaning creak of the drawbridge coming up behind him and the crash of the portcullis coming down as the castle was made secure for the night.

As Sigmund rode into the castle yard a thin, old man with a white, wisping beard and dressed in rich furs, hurried past a line of lounging men at arms and came towards him.

"You come at a good time, jongleur", the old man said. "Tonight is the Feast of the Blessed Stephen. My Leige, the King and his company would make merry, I am chamberlain to His Majesty. And you?

"I am Sigmund Erricson the Saxon, by inclination a gleeman, a jongleur or a goliard — have it as you will. By my birth I am of Ethelred the Socman, of the line of Aluric the Thane, of the blood of the ancient kings of Wessex who now do acknowledge as our lord, Edgar, King of all the English."

"By what sign do you press this claim?"

Sigmund slid lightly from his palfrey and pulled aside his cloak to reveal an aging, yellow linen surcoat emblazoned with the head of a black boar.

"By the arms of Aluric the Thane."

"Then, by the martyred Stephen, not only will you this night entertain us, but we shall also merry you. Your gentle birth will grant you your seat at the high table of the King.

"Hey there" . . . the old chamberlain called to one of the men at arms . . . "take you this noble jongleur's steed. Water and feed it and bed it in the royal stables. And now, good Sir, be pleased to follow me."

Sigmund handed the bridle of his mare to the soldier and followed the scurrying steps of the chamberlain across the wide, castle yard to the entrance of the black, towering keep.

Upwards they climbed, treading wide, spiralling steps, lighted at intervals by the blaze of more smoking torches, until the stairway ended at the entrance to the great hall.

It was a huge chamber which a later age of elegance had not yet touched, brightly lit by more than 100 candles of yellow wax. The great, granite blocks of the walls were hung with shields and banners; the high, timbered ceiling almost lost in a pall of blue-grey smoke.

The great hall of Wenceslas had this night been filled with trestle tables and if there was poverty in the pine-log hut of the peasant, there was certainly rude plenty in the castle of the king. The trestles almost groaned with the weight of great joints of meat — beef, venison and pork — while before each reveller was a pitcher of wine and a large, leather tankard of dark, foaming ale.

The chamberlain led Sigmund straight to the raised dais at the end of the hall, where, at an ornately carved oak table, sat perhaps 10 or a dozen people.

Wenceslas, King of the Bohemians and his old wife, the Queen Sophia, seated to his right, were instantly recognisable by their crowns, but it was the young woman who sat at the King's left hand who caused Sigmund to falter in his stride ere he bowed low before the king.

Her face was as the smoothest, purest ivory and her hair, like gold, lay in two thick braids on the shoulders of a gown of darkest green velvet. She sat like some lovely statue, immovable, but carved with a smooth, living skill that was as yet unknown. Not even when the flaxen-haired page attending her inclined his cherubic head and bent to offer her wine did her expression, calm and unsmiling, change. With her long, pointed coif and richly colored gown, she was as a picture of fairest nobility from the most beautiful of fairy tales. But, as Sigmund came before the time wherein fairy tales were told, he could barely make the comparison. In fact, he could think of no earthly beauty that could compare with that which his eyes now beheld.

He rose from his bow as the chamberlain announced him to the king. "Sire, a wandering jongleur of noble Saxon blood, one Sir Sigmund Erricson, from the far island of the Christian English King, Edgar, but this

The great hall of Wenceslas the King should this night have

hour arrived within your protection."

King Wenceslas of Bohemia was in the 22nd year of his reign. Once tall and robust, he was now grey and somewhat rounded at the shoulders. Yet his face had the sharp-featured strength of one whom Sigmund knew, by repute, had spent a lifetime of spreading the gospel of Christ to the pagan tribes on the frontiers of his kingdom.

"Right welcome, noble jongleur. We will make good use of your skills this night. And what news do you bring us of the world?"

"Little enough that is good to hear, sire," Sigmund answered. "In the north, the King of the Swedes does make a new war against the King of Danemark, who has united with the northern German Princelings. To the west, the savage Norsemen have ceased their harrying of the Frankish coast and are settling on the land in a place they are calling Northmandy. In Spain, the dark Moors do still make grievous hurt against our Christian banners and in Rome, our Holy Father, Benedict the Sixth, preaches the need for a great crusade of all Christian kings, princes, nobles and knights to wrest back the Holy City of Jerusalem from the Saracen. In the low countries, brother still fights against brother and in . . ."

"Enough," the old king interrupted. "I would hear no more that is sad and cruel. Chamberlain, find you a place at my table for this wandering jongleur. Ere Saint Stephen's night is ended, I am sure he will merry all our hearts."

Sigmund was seated at the end of the great, oak table, to the left of the old chamberlain, who proceeded to enumerate the guests who dined at the board of Wenceslas and his queen.

"To the left of His Majesty is his niece, the Princess Halina, who has spent the last three years under the king's protection since both her father and mother were cruelly slaughtered at the sacking of Buda."

"She looks right sad on such a night of gaiety," Sigmund whispered, as a page set before him a large round of unleavened bread that would be his plate and a silver goblet for his wine.

"Well might she seem sad. For tonight she must choose a man from this table as husband, and her heart is for another, long gone on a pilgrimage to the Holy Places and never yet returned."

"And why tonight, pray?"

"The Princess Halina was visiting the king when the pagan tribes laid seige to the Castle of Buda. Her mother, sister to Wenceslas and her husband, had smuggled out through the lines a message to Wenceslas, that if they should not survive, then he was to keep their daughter as his royal ward for three years, and then to find for her a man of noble line with whom she would from thenceforth bide.

"That message arrived on the night of Saint Stephen's Day, these three years past and as the king did swear his royal oath to honor the wish of his murdered sister, it is tonight that the choice must be made.

"King Wenceslas has told the princess that before the feast be ended, she must choose from this company one of noble blood with whom to spend her life. The four you see to the right of the king have all come from distant lands to press their suits."

"And who might they be?" Sigmund asked. "At first glance, I like not the look of any of them. I grieve for the Princess Halina in the fulfilment of her royal uncle's vow."

"The thin, beardless one with the little chin and the rich attire, is Sir Claude Du Guesclin, Duke of Auvergne and cousin to Charles, King of the French.

"The tall, dark, bearded man in half armor to the left of Sir Claude is Sir Otto Harnit, nephew to the King of Bavaria.

"Next to him, he of the balding pate and narrow eyes is Sir Tristram San Severino, whose father holds sway over much of the lands from Rome, north to the mountains of the Tyrollese, while the fourth, the one with the spade beard and the bad teeth is Don Sebastian Albornez of the Knights of Santiago, a nobleman without great means, but famed for the battles he has fought against the heathen Moors, to free Castle for the Cross.

"These months past, the four of them have wrangled and fought among themselves as they each sought for the hand of the Princess Halina."

"For her beauty alone I would gladly die," Sigmund replied, "but it seems strange to me that four such men as these appear, would for long months quarrel for the bed of an impoverished and orphaned princess, no matter what her beauty be."

"You speak wisely in your judgment of them, Sir Sigmund," the chamberlain whispered back. "But the Princess Halina, while now impoverished, is not without great expectations, for my leige lord, the king, has also sworn, that when his niece is wedded, he will raise a great army to take sword and fire to the pagan Magyar tribes, liberate Buda from their sway and place the husband of Halina on the throne of all Hungary."

Sigmund whistled softly through his teeth.

"Not only a prize of beauty, but a passing rich one too. I doubt not that these unseemly suitors wrangle for her lovely hand. But I still like not her chance of choice. And, good

Please turn to Page 86

been filled with gaiety, yet Princess Halina's face was sad

ZODIAC GUIDE TO SLIMMING

Continued from Page 56

who will have the box of chocolates handy and dip into it without self-restraint. Because of this weakness, Pisceans need a steady guiding hand to keep them from going overboard. This applies very much to Piscean women but men, too, can do with such supervision, especially when it comes to sticking to a diet. The overweight Piscean man may not adhere to it unless his wife takes charge. He will do best after he becomes aware of the fact that she will be genuinely unhappy if he stays overweight. This works both ways.

Pisceans don't believe in special dietary foods, and prescriptions. To them such diets are silly. Yet, if offered by their mate, the very same diets will appear to them reasonable and acceptable.

Their most effective diet is to eat less and to cut out all fattening food. But it will take a major effort. It's very difficult for a Piscean to carry it through, when not helped by someone close and understanding.

I have mentioned Elizabeth Taylor. I would name Jackie Gleason as the typical Piscean male.

SAMPLE ASTROLOGICAL DIET

BREAKFAST

Half a fresh-cut lemon in water, or half a grapefruit. One hard-boiled egg, wholemeal toast with honey, and coffee or tea. (As an alternative, cut out the egg and bread and make it whole wheat cereal with a banana instead.)

LUNCH

Apple juice, two slices of melba toast, a fruit plate with two scoops of cottage cheese, an oatmeal biscuit, coffee or tea. (Or make it carrot juice instead of apple juice, and replace the fruit plate with a grilled hamburger patty and tomatoes.)

DINNER

Tomato juice with lemon, breast of roast chicken, lettuce and tomato salad, melba toast, and coffee or tea. (Or make it grilled halibut instead of the chicken, and spinach and celery salad in place of the lettuce and tomatoes.)

ASTROLOGICAL AID TO UNDERSTANDING THE WORLD OF EATING

The chef in your favorite restaurant is most probably a Cancer.

People who frequent it most are Leos, Libras, Geminis and Aquarians.

People who would rather have eaten at home are Taureans, Scorpios and Cancerians.

The person who will linger over the dessert cart longest is a Cancer, a Taurean or a Libran.

The most dedicated beer drinkers in your favorite pub are Cancerians, Scorpios and Sagittarians.

The ones there who prefer hard liquor would be Arians, Leos, Scorpios and Capricorns.

Your greatest steak eaters are Aries, Leos and Sagittarians.

If you find yourself asking for organic food you are probably an Aries, a Virgo or a Libra.

If you don't really care what you order you are probably an Aquarius or a Gemini.

The ones who seem to be eating more than anyone else are Cancerians, Sagittarians, Leos and Pisceans.

DIET INSTRUCTIONS

ARIES

Your determination is not of very long duration. You dash madly into your diet, but after a week or so, you get tired of it, and you want a change. So it is advisable that the Aries are very stringent in following a diet the first two weeks so they will get the maximum benefit of it. After that, they can change to a different system.

TAURUS

You have the best will power of any sign. You will say you will do a thing for a certain length of time, and you will do that, even if it is very difficult for you. Still, a Taurean's diet should not be too strict, because when a Taurean goes off the diet he is likely to want to return to all those fattening foods that he enjoyed before. So it is important he doesn't go off it because of discomforts or annoyance.

GEMINI

For you, it is touch and go. The Gemini will be easily distracted from the diet by some appealing food, or by a friend suggesting they might like some other thing. Geminis should be prepared for a longer diet than instructions indicate, because they will have broken their diet in between.

CANCER

It is almost impossible for you to remain on a light diet for very long. You will need to extend the diet period even longer than the Gemini. It would take a four-week period for Cancerians to get the benefit from what is supposed to be a two-week diet, because they will continually eat some of the things that are not good for them — go out and get them. Somebody should empty their refrigerator when they are not looking!

LEO

You are the luxury lovers of the universe. If one can get a Leo to go on a diet, which is very difficult in the first place, it will only work by keeping after him. The mate or whoever is close to a Leo, will have to think and plan so that they cannot have access to the foods they like, and will have to provide some attractive substitutes.

VIRGO

Being finicky in any event, you do not require much outside force to get you to use will power about a diet. Virgos are the perfect people to go on a diet — to know when to go on one and when to give it up. Virgos will decide on what calories they need and will follow a plan of action in relation to those calories, and when their purpose is accomplished, will go on to other things.

LIBRA

In order to go through with a diet, you need someone to say to you, "Now, you agreed to do this" — because Librans do not exercise their will power on their own. Their partner is the most important person to them, and if their partner does not care if they are fleshy, they will not even diet. But if they do diet, they will need help from the person of whom they are most fond. In that case, they can continue because their partner wants them to, not from any basic self-control.

SCORPIO

The Scorpio is one sign that will break up and change a diet without a whimper. You will suddenly decide it isn't necessary and go whole hog in the opposite direction. Scorpios have the least will power where heavily spiced foods are concerned. They should empty their refrigerators of any kind of food that might tempt them, and keep on hand only the foods that are good for them. Otherwise, they will eat foods that are not on their diet.

SAGITTARIUS

You will maintain proper self-discipline as long as no one makes any suggestions to you about your diet. If a Sagittarius tells a person they are on a diet, and that person says, "Well, you should do this or that," they will stop the diet completely. My instructions to a Sagittarian would be not to tell anyone that they are on a diet, and not to listen to any suggestions given by anyone else about a diet.

CAPRICORN

My advice to you about dieting is to make your decision and then follow through without working all the angles that you are inclined to work, because Capricorns want to organise the whole thing and once they have it organised, they should stop — right there. Because otherwise they will probably change the whole diet around and get little benefit out of it.

AQUARIUS

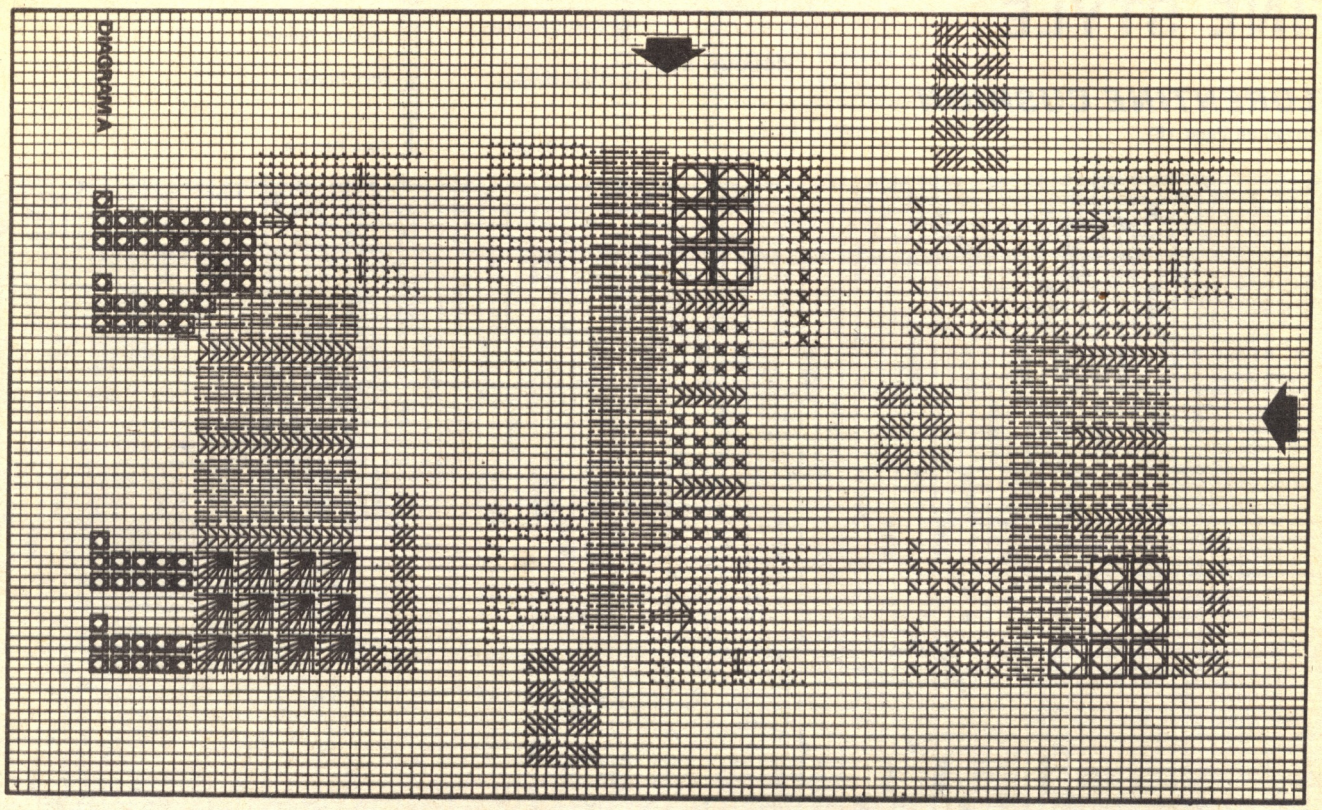
You cannot make an Aquarian do exactly what you think, because they have such unpredictable ideas that they just do as they wish. If it is their own idea to diet, they will do it for a day or so and then say, "To heck with it" and eat some ice cream. So that in the case of an Aquarian it can at best be a series of short-term diets.

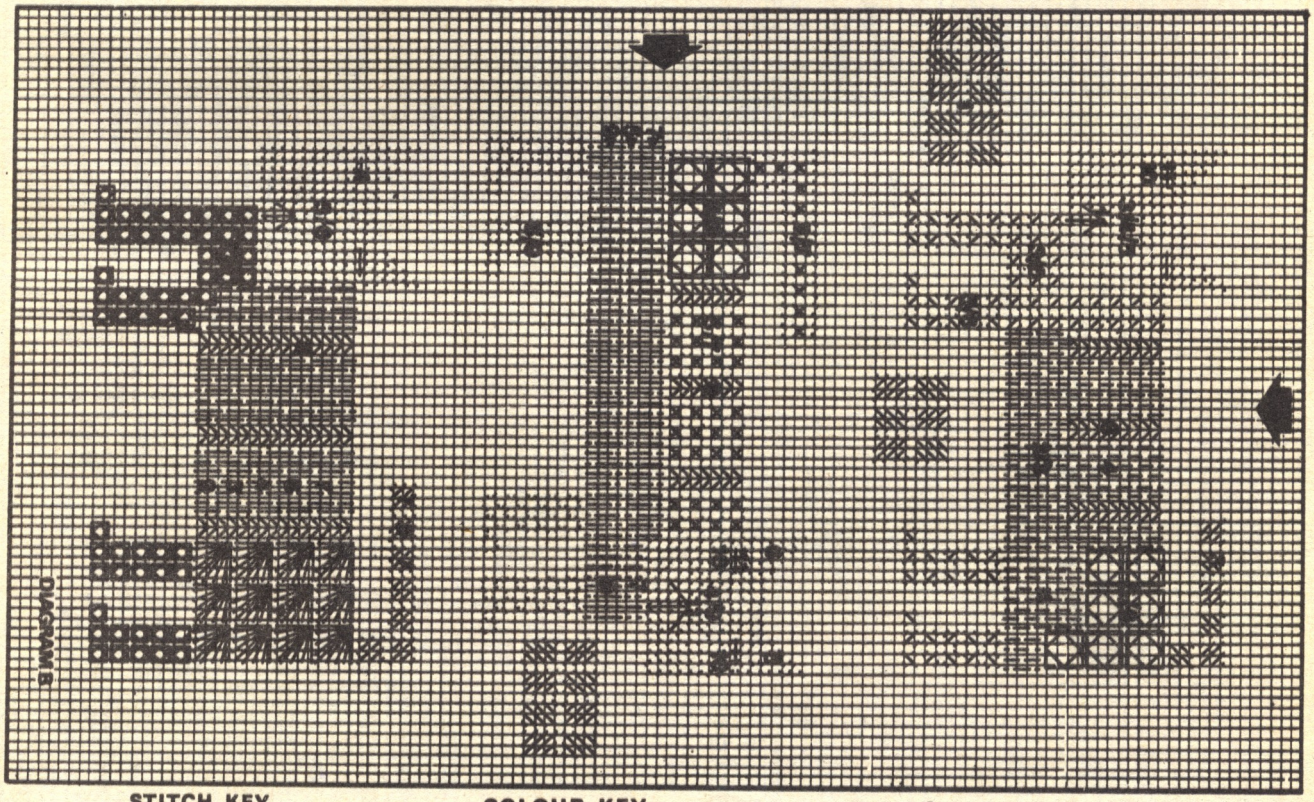
PISCES

I would advise the Piscean to make up his mind without any question at all, because if he has any question in his mind, he will not adhere to a diet. But once he says to himself, "I am going to do this," he will do it. But it has to be almost a dramatic thing on his part, so that he can tell others, "I have to do this for so many weeks" with an apparent chip on his shoulder about the whole thing.

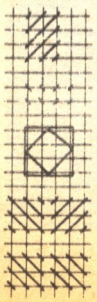
RELAX—IN FINE STYLE *THREE-CAT CUSHION*

(Pictured on Page 14)





STITCH KEY



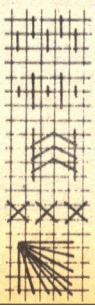
Flat (elongated)

Tent

Rice

Flat (normal)

Mosaic



Brick

Parisian

Fern

Cross

Ray

COLOUR KEY

1	Dark Blue	7	Light Brown
2	White	8	Dark Brown
3	Cream	9	Grey
4	Gold	10	Green
5	Orange	11	Black
6	Dark Gold		

Note. Where 2 numbers are given together on Diagram B, these stitches are worked in a combination of the 2 colours indicated.

Please turn the page

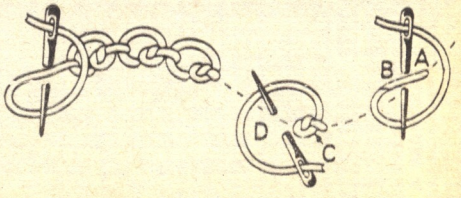


DIAGRAM C

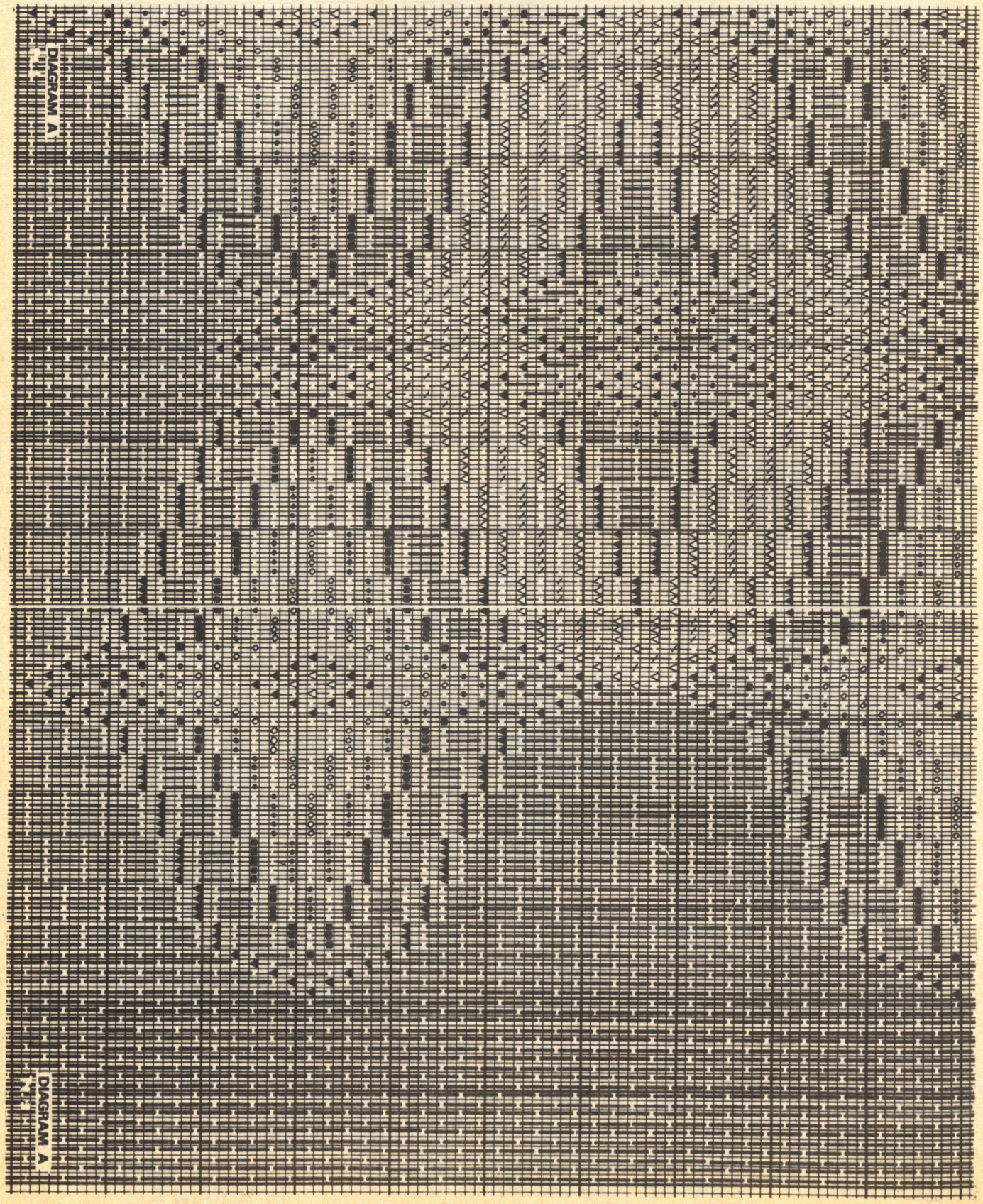
RELAX—IN FINE STYLE

FLORENTINE CUSHION

(Pictured on Page 15)

COLOUR KEY

- Light Cyclamen
- Dark Cyclamen
- Light Petunia
- Light Beige
- Medium Beige
- Medium Brown
- Dark Brown
- Dark Petunia



TRADITIONAL CHAIR SEAT

(Pictured on Page 17)

COLOUR KEY

- Carnation
- Pale Pink
- Medium Forest Green
- Mid Pink
- Dark Pink
- Medium Raspberry
- Light Forest Green
- Dark Forest Green
- Muscat Green
- Canary
- Cream
- Black
- Dark Raspberry

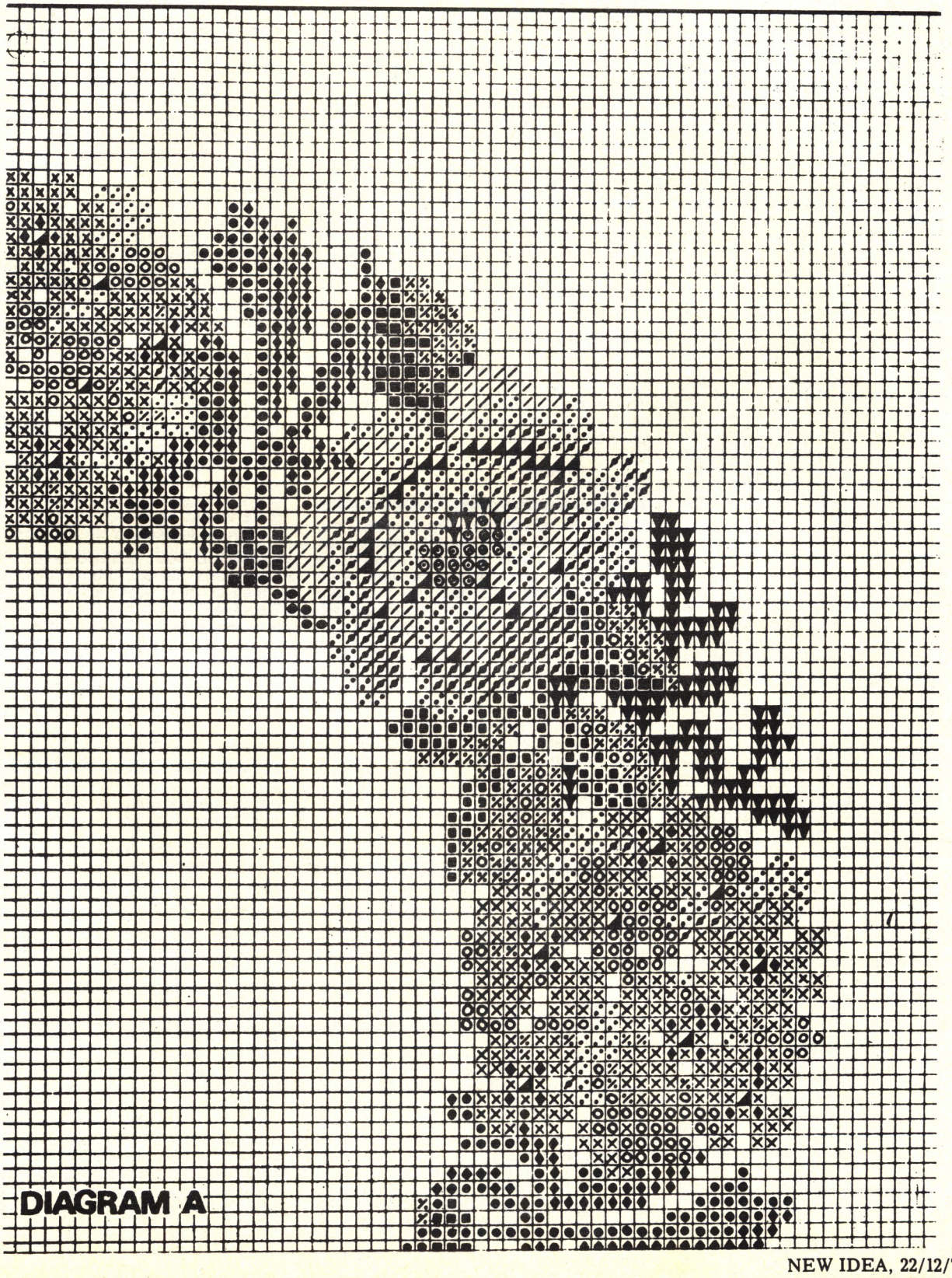


DIAGRAM A

A number of reasons for inducing labor

Baby clinic

WITH SISTER LEE PATTINSON

A LETTER from a reader asking about the difference between an induced birth and a normal one reads as though she thinks there is something markedly different about the actual method by which the child is brought into the world in an induced delivery.

In actual fact, it is the labor (not the birth) that is induced.

In other words, by means of external stimulus of some sort, the uterus is induced to start contracting, so that delivery can proceed.

This can be done in different ways, and for a variety of reasons.

One common reason is when the pregnant woman has gone beyond what is fairly certainly known to be her due date — especially if there are indications that it would not be wise to allow her to continue much longer.

These indications can include such pointers as maintained heightened blood pressure readings, the presence of albumin in her urine and undue swelling of hands or feet or face, as well as other symptoms which indicate to the doctor that it would be wiser for the pregnancy to finish.

Methods of induction used to be fairly potent, uncomfortable and somewhat unpleasant (some of my older readers will remember a generous dose of castor oil, sandwiched between two layers of orange juice).

Today's methods are less drastic. A doctor of my acquaintance declares the most effective method is to tell a patient that if she doesn't start labor by a certain date, he will admit her to hospital and start induction. He says he is inevitably called from his bed in the early hours of the morning that he plans to do the induction, as his patient has started normal labor.

In cases where this doesn't work, however, some of the methods used are the rupturing of the membranes — not as drastic as it sounds, as it simply means the doctor give a slight "nick" to the bag of membranes in which the baby is enclosed, releasing some of the fluid. This in itself is often sufficient to start contractions.

You can visualise this procedure if you imagine a balloon filled with water, blown up, then given a slight nick with a sharp pair of scissors or some other sharp object.

In some cases, the patient is given some type of drug whose effect is to stimulate contractions of the uterus. These may be given by injection at regular intervals, or by a continuous "drip", much the same as a blood transfusion. The drug is injected into an intravenous bottle of fluid and this is allowed to seep into the veins slowly.

Once labor has been successfully started in this manner, the normal follow-up is the usual course that a birth follows.

The contractions start at irregular intervals, with varing intensity, and increase in strength, settle to a regular pattern, and from then on the delivery goes ahead in the normal fashion. Once labor is established, any injections which have been given are stopped, as they have served their purpose.

LACTOSE

Mrs. R.R., Whyalla, SA: Is lactose an artificial sugar and, if so, what is it made from? I've heard that some of the synthetic sweeteners should not be used for young babies, but the formula I have includes lactose in it.

LACTOSE is not a synthetic sweetener, but a natural sugar. I assume you are using the powdered form available from the chemist in the formula — this is the natural sugar obtained from cow's milk, dried and processed to be used in formulae.

SWEETS

Mrs. A.N., Redcliffe, Q: I want my small boy to have as few sweets as possible, and feel that if I encourage relatives in the right direction, they will co-operate with me. As they like to give him something when they visit, can you suggest suitable substitutes?

I THINK you are being extremely wise, and there would be less cavities if more mothers followed this plan. You can suggest the family get into the habit of offering dried fruits (raisins, sultanas, apricots) which are usually very acceptable to children. Apples are also a good idea and (when he is a little older) any of the nuts are usually appreciated.

PHYSICAL RETORTS

Mrs. W.T., Glebe, NSW: My two-year-old has started hitting out at any other child who doesn't do exactly what he wants them to and I can't seem to stop him. When I smack him, it seems to make things worse.

OF course it will — by hitting him you are reinforcing his present feeling that it is all right to strike at people who cross you. First, you should seek the reason for his striking out (it might be that an older child is deliberately teasing or provoking him whenever he thinks no adult is observing). A two-year-old is not yet socially mature enough to be prepared to share possessions . . . this is something you will have to be patient about, as he will only learn to share as time progresses.

Physical aggression and what adults regard as "selfishness" are perfectly normal for this age group and not too much importance should be attached to them—they are by no means an indication of future behavior, though you will sometimes hear onlooking adults comment that a child is going to be a "bully" when he grows up. This isn't necessarily so when one is considering the behavior of a two-year-old, though it might have some validity in an older child. Point out firmly that hitting is not allowed, repeating this whenever he attempts to do it. In extreme cases, it will be necessary to remove him from the scene. He will quickly learn that if he wants to have playmates, he must observe certain rules of conduct.

INTELLIGENCE

Mrs. A.W., Perth, WA: I've been told my two-year-old is very forward for his age and wondered if I should see someone about getting tests done to find out if he would be better attending a special school instead of an ordinary one.

I WOULD wait a little before considering this aspect. Many children are ahead of their peers at some stage, but "level off" when they are older. He is too young as yet for any effective tests to be made, though if he continues to progress at a level ahead of his own age group, you may later have to give some consideration to channelling his abilities in the best possible course.

UNSATURATED FATS DIET

Mrs. P.K., Tecoma, V: My little girl is on an unsaturated fat diet and I would like some ideas for varying her meals.

I ASSUME she has been put on this diet by medical advice and, if so, feel you should have been given a specific diet for her to follow. However, if it is of help to you — the foods allowed are fish of all kinds (especially those rich in natural oils); lean meats, including liver, kidney, sweetbreads; all kinds of vegetables, fruits, salad ingredients, fruit drinks, sugar, jams, syrup and honey, bread, plain biscuits, crispbreads. You have been told, I assume, that butter, olive oil, cream, cheese and egg yolk are on the forbidden list.

Have you a problem about the care of your baby or older child? Send your letter to Sister Lee Pattinson SRN, SCM, IWC, New Idea, Box 1292K, PO, Melbourne, V, 3001. Please send stamped, addressed envelope for reply.

THE MALVIE INHERITANCE

Continued from Page 21

punishment, a kind he himself had never experienced.

Morven, as a boy, had never been whipped, hardly even rebuked. Papa wouldn't let his tutor use the birch on him. It was all because of Uncle Richard, Morven's father, the true laird, who'd died abroad shortly after the '45.

"MORVEN'S the son of his sire, the true heir of Malvie," Papa had used to say sombrely, whenever the subject came up; hearing of some new, wild thing Morven had done, he would laugh, and toast him in contraband claret. "If the coin had fallen to the George and not the rose, in '45, it would have been I who rode off north, and not your uncle."

But Uncle Richard, the elder twin, having won the toss, had gone; and had had his estates forfeited. In the end, after lawsuits and much expense, which ruined the family, Papa had been permitted to inherit Malvie because he had stayed home

But Morven's father, who had, was an exile, never again to be allowed to come home. He never even saw Morven, who'd been born after Culloden at Malvie.

Morven. "Unless he marries yourself, my lass, he can never come into his own," Papa used to say.

And he himself had had it all arranged before he died that this should be the way of things, only Aunt Retford and Uncle Hubert Melrose, adding up the debts afterwards, had said the marriage wasn't the answer and Morven must go.

They'd closed Malvie up, after Papa's funeral, and driven Morven out as a vagabond with no home, and taken herself and brought her up as a little doll, a correct young lady, sewing samplers, sewing chair-seats and footstools, bribing her with promises that one day Malvie should be opened again.

"Perhaps on your marriage," Aunt Retford would say with her tight, narrow smile. But the marriage, it was clear, mustn't be to Morven now, but to some rich man who would clear the debts and wouldn't mind the lack of any real dowry.

Most of the money Papa still received had gone, in twice-yearly consignments to Uncle Richard in Paris while he lived, and afterwards to educate Morven. Even poor Mama's dowry had been used for the purpose. Mama was too meek to demur. In any case she'd once been betrothed to Uncle Richard herself, when he was heir of Malvie, and had only been married to Papa some years afterwards, when Morven was already a motherless small boy living with his uncle.

It was to find a mother for Morven that Papa had in fact married, in the end; and who better than the young woman who should have been Richard's wife? Morven's own wild Highland mother was by then long dead; she hadn't survived his birth at Malvie. It was Annabel's own mother, gentle, inconsiderable Grace Melrose, who had brought them both up as her own till she died of phthisis when Annabel was five.

"I can just remember Mama," Annabel thought. Odd to think that she, with her smooth fair hair and gracious, placid smile, should have loved Uncle Richard always despite his betrayal, and wept at his exile and refused to marry anyone for a long time, only she had been prevailed upon, at last, to marry Papa. Young women were not consulted about their wishes; one might as well be a parcel of French lace.

After Mama died Uncle Hubert Melrose had offered to take and bring up Annabel with his own son Peter at Maddon, but Papa wouldn't agree; then again on Papa's death Uncle Hubert had been expected to offer, but this time had not.

"No doubt he was afraid you'd beguile Peter or even little Paul, and you with no dowry to speak of," Morven had said unkindly, when he heard.

That had been during the last days when she herself could still see and talk to Morven; the last time he had the chance to be cruel.

He had often been cruel. Sometimes she was sure he hated her.

She stayed resolutely in her place, not risking the spidery exit from the arbor. It made it easier not to answer Morven's summons now if she remembered certain aspects of their youth together.

And so she would not go to Morven now, just because he was whistling, and kilt up her skirts and run through the long grass uphill, and risk Aunt Retford's whipping though she was now too old for it, and sit by Morven again.

She wouldn't go . . . and what did he want with her? He hadn't come near, or sent a birthday-remembrance or any other word for a long time. It was as though, now Malvie was gone, she herself meant nothing to him.

More than anything in the world, though, she would like to go. If he whistled again . . .

Her head stayed cocked like a bright-eyed thrush's, listening. But there was silence now from the hill. It was almost as though he'd known what she was thinking, and given her time to go over it all and change her mind, then stopped just in time to torment her. Morven was like that.

Morven Doon, lying up in the spinney, had himself shed the mood which had led him to try and summon his young cousin today. He'd known she would not come, any more than a little wax doll would propel itself, on jerky, uncertain limbs, across the field.

His feeling for Annabel remained as it always had; a mixture of affection, resentment and a certain deep abiding envy and hatred, the latter on behalf of Malvie. He had always felt this, even in the days when Uncle Philip complacently assumed he could right the wrong by marrying Morven to his cousin, later. Uncle Philip had died too soon.

Morven himself was light-eyed and slim, a youth still, with a thatch of silky-brown hair not always confined with a ribbon; he had a fey, pallid, moonlit beauty.

He stared now at Malvie's tall chimneys, seen beyond the geans in their silvery summer leaf; farther off was the sea. That latter was in all of Morven's awareness, waking and asleep; the pull of the tides, the deep-running currents back and forth to Man, had been in his ears since birth; ay, his first conscious knowledge must have been of the sea, sounding below the great Flodden tower of Malvie, where his mother had borne him!

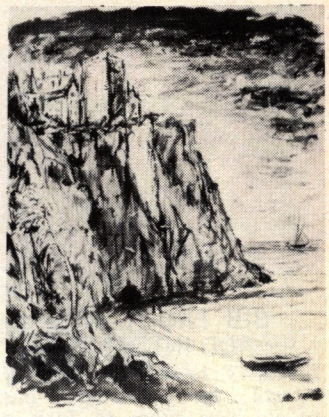
She'd chosen, he knew, to make her lying-in there in the brief time she'd been with them, as though the raw cold stones resembled more nearly her fastness in the Highland north than the tame house below would ever do, with its panelled walls and carpets already a trifle threadbare.

So she'd borne him, Morven, up there, and then died; as though in resentment that his pending birth had prevented her from following his fugitive father, Richard Doon, into the heather after Culloden, and later to France.

Morven Doon had never seen his father, but he knew him, or felt sure he did. Uncle Philip had nourished his orphaned nephew on legends of the glorious elder twin he himself had all his youth copied and admired. Good, inadequate Uncle Philip, turning in the end to the slight solace of an evening's wine; everything else had been a little unreal; his own emulation of Richard, even to marrying the latter's erstwhile betrothed in the end, from a sense of duty no doubt, had produced only a daughter, then solitude.

He stared between the trees now and thought, not for the first time, that no woman would ever mean to him what Malvie did, his house of Malvie. His house, despite what the government of the day had done in forfeiting all the possessions of his exiled father. His house, not Uncle Philip's to whom it had been, after lawsuits, allotted. His house, not young Annabel's who had happened to be born of that prudent, later marriage of his uncle's and the woman who should have been his own mother.

He'd have been fashioned of a different stuff, no doubt, had his dam been Grace Melrose and not



Helen Colquhoun; gentler, more acquiescent, more like Annabel.

And, now, they wouldn't let him marry Annabel. They wouldn't even let him see her; and they'd trained her, like a little horse, with whip and bridle, not to come when he called, not to turn her head to his whistle.

Well . . . they'd all see.

The house had furnished the stuff of his dreams since ever he could remember. Each evening, in the old days, riding home alone or with Uncle Philip, he'd been used to draw rein and look across at the golden lichen covering the stones, so that roof, pediment and tower seemed made of gold, an elfin blessing.

Gold! Morven's thin face grew bitter. There was little left of the real commodity; after Philip's death, the lawyers had come and burrowed like beetles, then there had been Aunt Retford's small indomitable figure standing on Mains threshold, forbidding him the house; and Malvie was closed up.

"You must find your own way in the world, nephew Morven; you're a man now."

He remembered her tight, complacent smile, and Sir Hubert Melrose, dead Grace's brother, fidgeting behind her.

Sir Hubert had, no doubt, been ashamed of the treatment of Richard Doon's son by Richard and Philip's own sister; he'd tried to give Morven a sovereign as he left, and the boy had flung it back at him on the path. He could still hear the ringing of the gold, and see the swift, predatory movement with which Aunt Retford had bent at once and scooped it up.

"I CAN find my own, never fear; to hell with you all." And he'd turned and gone, not knowing yet where to, and in the end he'd gone down to the shore as usual and the near caves, and brooded there till Bart's boat came, and gone out in it.

Bart was the blacksmith's son and after — it was fishing that day, no more — they'd beached the craft and gone up together to old Aaron's cottage for supper, to cook the catch; and somehow he'd stayed on with Aaron.

That had been three years ago and everyone said he was wasting his life, should be in the army or studying low.

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Ask Prue

BIB FRONT WILL ADD INTEREST

I WANT to make a pair of shorts for summer, but would like them to look a little bit out of the ordinary. Any suggestions?

W.S., Prospect, SA.

WHY not make a pair of shorts with a bib front like the dungarees that are so popular right now. Instead of buttons you can have adjustable clipped suspenders to hold up the shorts. And you might even think of making up the shorts in a plain and patterned fabric. You could use the plain color for the main body of the shorts and use the patterned fabric for the bib, straps, and patch pockets on the shorts. The contrast would look great.

TOUCH OF FINESSE

I HAD planned to wear a halter dress of yellow and white flower printed silk at a wedding soon. With it I planned to wear a white short sleeved jacket and white accessories, but when I tried on the outfit the other day it looked as if there was something missing. What could it be? The wedding is on a Saturday morning at a registry office.

H.T., Croydon, V.

THE outfit would be beautifully finished off by a white hat, in whatever style you prefer. No matter what your age, you will find a hat very flattering. Besides, they are the rage, and there are lots of styles to choose from. The hat will make all the difference to your outfit. And whether you choose a turban or cloche style, or a floppy brimmed straw, you will be able to finish it off by pinning on a little bunch of yellow flowers to co-ordinate with your dress.

WHAT'S WRONG WITH WHITE?

I BOUGHT a pair of white summer sandals which I would like to dye to a fashionable color. What would you suggest?

WHAT'S wrong with leaving them white? It is a very fashionable summer color and should team very well with your summer outfits. You will find that dyed shoes can be a real headache in really hot weather when the dye color seems to get on to your feet. But if you are still determined to change the color, get it done professionally as the results will be well worth the extra cost. And choose a color that will tone in well with the majority of your clothes.

CLOTHES FOR UNIVERSITY

I WILL be going to university next term and I would like some suggestions on the type of clothes I will need for my new way of life.

R.G., Gladstone, Q.

YOU will find university life very informal and relaxed, and that most of your time will be spent in jeans and a variety of colorful tops and sweaters. For warmer days a skirt is an ideal replacement for jeans. But you will find all sorts of unusual dressing at university, with handcrafted Asian clothes a big favorite with students. Your best bet is to tread warily at first, and build your wardrobe up gradually. You will find you have a whole new outlook on life and that even your attitudes to dressing will change. University is certainly a great place to experiment with way-out fashions while still on a limited budget. You will be amazed at how your tastes change so be prepared to be flexible. You will probably surprise yourself with your dressing.

AN ALTERNATIVE TO A VEIL

MY mother is very upset because I have decided not to wear a veil with my wedding dress, so now I am having second thoughts. Do you have any suggestions on a compromise?

R.U., Neutral Bay, NSW.

ONE delightful compromise, which is also very fashionable, is to have a pillbox shaped hat made up from the same fabric as your wedding dress, and then trim this with a peek-a-boo veil which is pulled down over the face. It looks rather exotic, and very modern, though it is a style borrowed from the 1940s.

FABRIC can make or mar a garment, especially for party or evening wear. The slim fitting sheath, far left, depends on the striking design of the material and simplicity of the superb cut for its effect. And the more formal black dress, left, by Paris designer Gres, owes its dramatic styling to the almost sheer Calais lace over the black silk dress which fits tightly to the hips before swirling to ground level. The frothy decolletage neckline and wrist frills add a note of real femininity.

Send your fashion problems and inquiries to our fashion expert, enclosing a stamped addressed envelope. Your query will be answered personally or in Prue's column. Address it: ASK PRUE, Box 1292K, P.O. MELBOURNE, V.

THE MALVIE INHERITANCE

Continued from Page 71

To hell with that too, Morven thought; he could make more on the rum-lay over from Man than ever he'd make in a scrivener's stuffy office in Edinburgh, or following the drum. And he had his freedom; and he could, day and night, be near Malvie.

AUNT RETFORD meant Annabel to make a rich marriage, he knew; she was bringing the girl up for that purpose, turning her into a correct, pretty, spiritless thing. Uncle Hubert had stopped Peter Melrose from mooning after her last year; he said he didn't countenance marriage of cousins, but it was more than that. There wasn't anyone else hereabouts.

Once or twice Morven had heard talk, drifting down into the blacksmith's cottage of an evening, that the debts on Malvie could still not be cleared by any means and the house must be sold. Malvie sold!

What was to be done? What could he do, not yet being rich, to save Malvie for himself and his sons? For he must breed sons. If the prim, timid, correct wax doll Annabel had lately become since Aunt Retford whipped the life out of her had run out today, and up the hill to him, should he have raped her to settle the matter?

He'd have done it — he had thought of that answer sometimes — if there had been any help in law, by so doing, for Malvie. But he and Annabel were still minors and the debts must be cleared. He'd be left, in the event, with Annabel and not the house: shackled to a girl who had no interest for him. Anyway, she hadn't come today.

Silly Annabel, the wax doll in a sun-bonnet. He'd seen her last year, following Aunt Retford about with a flat basket, while the old woman snipped off rose-heads with scissors. Annabel should have bred his heirs. If she should breed them now instead to some rich man Aunt Retford found, and they peopled Malvie, like Bart's offspring peopled the farms . . .

A nucleus of an idea, ruthless and cruel, sprang to Morven's mind at that moment. He was not yet certain of the details of it. But it had come; and as he thought best after activity he rose, jerked his coat across his shoulders from where he had slung it meantime over a branch, and strode down again to the road which led towards Aaron's.

Peter Melrose's horse would be shod by now and if so, before they set off tomorrow night, he'd ride it over to Maddon. Peter was one of the few people who still acted in a friendly manner since the closing of Malvie, and Morven's choosing of the blacksmith and his son for company. It would be pleasant to see Peter again and talk as they had been used to do while Philip Doon still lived.

The sun had gone by the time Morven descended from the hill. There was, by now, no sign of Annabel in the Mains garden. No doubt she was in the withdrawing-room, drinking their pale and punctual tea.

Morven was assailed, again, by a curious, vindictive fancy that sometimes beset him, thinking of their separate lives and what they had become; a fancy to take and ravish Annabel, to feel her silly pink mouth fall open on the shape of an O under his hard kiss; stifling with that the cry she would presently make as he took her.

One day, it should happen. One day . . . he'd work on it in his mind, fit it to suit his own eventual purpose for Malvie; no reason for it otherwise.

Later, much later, he was to have leisure to reflect that if Annabel had in fact come up the hill to him that day,and he'd done as he said, not ridden over to town on Peter's horse to see Livia Millarch by chance that first time, their lives, the lives of all three of them — Annabel, Livia, himself — might perhaps have been different. But, again, perhaps not.

Morven was unable to ride Peter Melrose's gelding until after the return from Man; the beast had an inflamed foot, which did not settle to shoeing for two or three days.

In the end Morven saddled him and, having changed his own clothes, rode off. It was by then late on Saturday, and he knew he would not return till after the Sabbath; trouble waited for those who made journeys on that day, except to and from a church. No doubt Peter would give him a meal.

Morven shrugged; he would, he thought, lie up in a hay-rick meantime. It was already growing dark as he rode; the clip-clop of the great beast's iron hooves struck sparks from the road, lying pale and narrow in the moonlight.

He spurred it on, seeing, as mile followed mile, the fire Aaron had made come out from below the flying, obedient hooves; old frail-seeming Aaron at his forge, wresting durability and strength from bright-red iron, then stopping it to signal to the incoming ships . . . Morven smiled.

They'd got the cargo back safe enough, and stowed, and some delivered; he hadn't been idle these two days.

Now, in Uncle Philip's cast-off coat of black velvet with frogging, and his hat, he himself might be a Doon of Malvie, riding the roads. The laird himself, casting a long shadow athwart the unending greystone dykes, passing them swiftly as night changed to dawn.

Morven came on the town's spires pricking up into the sunrise before he remembered; damn, he'd have to attend church service, it was too late to hide. Already, parties of men and women were emerging in their best clothes, carrying packs of food to eat between the morning and afternoon sermons.

He dismounted, begged a bowl of milk for himself, and a drink for the bay, from a dairymaid at a nearby farm, and presently rode on. The morning was by now clear and cool; Uncle Philip's velvet coat-sleeve had lost its glamor with the night, and looked rubbed and shabby.

He had drawn up the bay horse at last by the church gate, and was about to dismount, hoping perhaps to meet the Melrose carriage as it came in with the rest; but had not yet done so, and a procession along the street gave him pause.

It was a pitiful one; he realised it must come from Emmett's orphanage. The young girls who composed it were, some of them, mere children; they wore cloaks of hodden with plain hoods, and were scraggy and thin, as though the summer's day itself would not warm their bones.

Morven had heard of Emmett's; the inmates were spoken of with pity, for they were waifs who were taken in and trained, these days, in laundry and domestic service, from the payment of which, later, the authorities were recompensed for their keep.

It was like a lifetime's slavery; the governor in his beaver hat, and his cold-eyed wife in her pelisse, walked ahead of the sad little procession as if ashamed to own it; behind again was a subordinate dragon, keeping the girls in order.

Morven sat his horse and watched, his own arrogance for the time forgotten; nevertheless, at the back of his mind, was the certainty that these poor young women would think him some grand, important personage, perhaps a relation of Sir Hubert Melrose. On the whole, they gave no sign of any such assumption; keeping their bleared eyes meekly on the path as they went into church, scuffing their patched footgear on the cobbles.

Only one young woman was different. She raised her eyes, which were direct, grey and stormy beneath straight-set black brows. Her hair also was black as a crow's wing beneath her hood. She might have been about 16. Her gaze — it was arresting, yet cool and personal — met Morven's and held it.

He would remember her face, with its broad cheekbones and full soft mouth; she showed none of the ill-health of the other underfed young women. There was a difference about her, which at first he could not pin down or name; she was different from any girl he had ever seen anywhere. That hair, smooth and shining and black! When it was let down it would reach, he dared say, below her knees; he'd like to touch hair like that, to play with it. There were other things he would like to do.

The dragon's elbow thrust; they had been staring at one another too openly. "Livia!" a

voice called. "Keep in the line and mind your ways."

Mind her ways, eh? Livia, the wife of Augustus. The line moved on. The twist of her young body under the shoddy cloak as she rejoined the rest had showed Morven another thing to remember; she was pregnant. A wanton? There could be small opportunity there . . .

Afterwards he'd asked Peter and his father about it. There was a part of Emmett's foundation which was a separate correction-house, they told him, for those who had strayed in their first assignments outside to domestic service, when they were recalled and disciplined for such time as it should take to cure the fault.

Morven grinned; there was only one cure for that kind, as far as he knew. He said so to Peter Melrose; that golden-haired young archangel looked grave.

"Their lot is not an enviable one," he said thoughtfully. "Who are we to say that we in like case would do better? It reminds me of the stone cast at the adulteress; who was fit to throw it? You'll come back after church, Morven? There's cold mutton and bread and cheese for supper, as the servants stay on for the second sermon."

He hadn't asked for news of Annabel; but his father, glooming in the rear seat of the carriage, wouldn't encourage that, Morven thought: the old man had other plans for Peter. The lad was in any case too good for this world, Morven decided; he and Annabel together would have made a pair of saints, begetting cherubs. It had been as well to separate them.

FOUR or five months after these happenings, the young woman with grey eyes, whose name was Livia Millarch but who, for good reasons, called herself Mary Reid at present, jolted and swayed in the post-coach along the uneven highway.

The coach was hardly full; they were near the end of the journey and the driver, looking forward to a draught of ale at the Fleece, let his horses have their heads for the last mile.

Livia looked dully out at the road, with everything beyond nipped black and bare by frost;

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Readers' Requests

WOOL: Mrs. J. Lacco, School Rd., Newhaven, Phillip Island, V, 3925, wants 1 ball Totem wool, shade 6883, dyelot 5, color blue, also 1 ball totem wool, shade 8782, dyelot 21, color deep red . . . Mrs. G. Zapata-Fitzgerald, 3/33 Forster St., West Ryde, NSW, 2114, seeks 1 ball Patons silver sheen, shade 7249, dyelot 15, also 1 ball Patons azalea wool, color chocolate, also Enid Gilchrist book for making dolls clothes . . . Mrs. E. Young, Corones Caravan Park, Gladstone, Q, 4680, wants 6 balls Knit Me wool, 8 ply, color yellow, no. KM687, dyelot G . . . Mrs. G. Pascoe, Raywood, V, 3570, seeks 3 balls Woolworths double knit nylon, 25 grams, no. 366, dyelot 6, color pale mauve . . . Miss R. Cooke, 7 Gwawley Pde., Miranda, NSW, 2228, seeks scraps of 8 ply pure wool for a patchwork rug . . . Mrs. G. Wheway, 47 Marsden Rd., West Ryde, NSW, 2113, wants 2 balls (1 oz. each), Embassy crepe 5 ply wool, color navy, no. 9201, dyelot 49 . . . Mrs. J. Cornwell, 40 Bruce Rd., Glenbrook, NSW, 2773, seeks 3 balls Myrall wool, 8 ply, spice, color MD 10, dyelot 2 . . . Mrs. K. Sawyer, PO Box 40, Norseman, WA, 6443, wants a set of four no. 17 knitting needles, also 2 or 3 balls of Pearl orlon white wool . . . Mrs. E. Wells, 14 Brisbane St., Kingston, Q, 4205, seeks 2 balls of Villawool carousel, 8 ply, acrylic, A17, dyelot B, color bright pink.

PATTERNS: Mrs. B. Bennett, Lenswood, SA, 5240, seeks smocking pattern book, by D.M.C. number 33 . . . Mrs. B. Ford, 3 Macquarie St., Taree, NSW, 2430, wants Patons and Baldwins knitting books containing women's cardigans, etc, nos. 158, 673, 679 . . . Mrs. N. George, 5 Mossman St., Glen Innes, NSW, 2370, seeks pattern for crochet duchess set with pansies around edge and centre, also crochet fruit baskets . . . Mrs. Daniels, 87 Rose St., Liverpool, NSW, 2170, wants patterns for crochet swan table centre and crochet fruit baskets . . . Mrs. R. Jones, 266 Wilson Rd., Whittington, V, 3219, seeks pattern of a crinoline lady for an apron . . . Mrs. V. Wetton, R.M.B. 219, Tarago, NSW, 2580, seeks patterns for a crochet crinoline lady, butterfly design duchess sets, also handkerchief corners and any patterns for centres, doylies and duchess sets, suitable for show work.

BOOKS, MAGAZINES, ETC: Mrs. B. Jilbert, PO, Box 41, Ultima, V, 3544, seeks one or more copies of Mrs. Floate's Secret of Success, cookery book, volume one . . . Mrs. R. Yarnold, 25 Hastings St., Wauchope, NSW, 2446, wants the words and music of an old song titled Grandma's Lyesoap, which was part of "It's in the book," now out of print . . . Mrs. M. Loftus, 120 Dutton St., Yagoona, NSW, 2199, seeks the words of the monologues, The White Magnolia Tree, These Hands, A Closer Walk With Thee, Deck of Cards, and any others . . . Mrs. E. Butt, 7 Landen Ave., North Balwyn, V, 3104, seeks books called Elsie At The World's Fair, and Elsie On The Hudson, by Martha Finley . . . Mrs. L. Sowden, 77 Frederick St., Merewether, NSW, 2291, wants the words and music of Little Mister Baggy Britches I Love You . . . Mrs. B. McCarty, 85 Osborne Rd., Blacktown, NSW, 2148, seeks the following books, A History of Warfare, by Montgomery, The Rise and Fall of the Third Reich, The Japanese Thrust, by Lionel Wigmore, The New Guinea Offensives, by David Dexter, and The Final Campaigns by Gavin Long . . . Mrs. E. Harmer, 1 Cedmar Ave., Highton, V, 3216, wants Australian Complete Home Garden by Olive Mellor . . . Mrs. W. Cunliffe, 148 Oxlade Drive, New Farm, Q, 4005, wants any magazines, pictures or articles about North Staffordshire and Cheshire towns and villages . . . Mrs. B. Eggar, 15 Renown Ave., Shoalhaven Heads, via Berry, NSW, 2535, wants plays, recitations or songs useful in Sunday school concerts, suitable for 5 to 12 year olds . . . Mrs. C. Wingate, PO, Luina, T, 7321, seeks the words of the story, The Owl and Pussycat went to Sea . . . Mrs. J. Chalmers, 68 Reigate Rd., Highton, V, 3126, wants a copy of Eat Fat and Grow Slim, by Dr. Richard Mackarness, M.B. B.S. . .

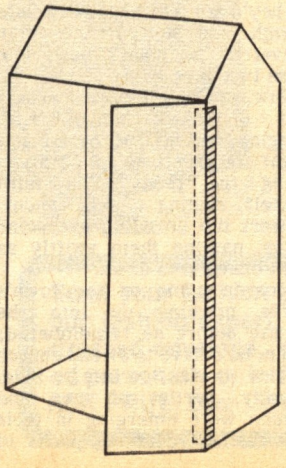
HOW TO MAKE A DOLLS' HOUSE

Continued from Page 12

5. Cut a rectangle of cardboard the right size for the floor, and rest it on the ledge to make sure it fits. Do not stick to the ledge yet, as it is easier to work on the inside of the house without the floor in place.
6. Using wallpaper paste, stick wallpaper on the three walls of the upstairs room. (Cut three separate oblongs, carefully measured, rather than using a single piece. Carry this paper around the front and about an inch onto the outside walls, so that the raw edge of the cardboard is hidden. Paper the downstairs room in exactly the same way. The house begins to look very real if you can find a dark paper for the downstairs, and a lighter, bedroom type for upstairs.

Stick white paper on both ceilings, fix the bedroom floor (which is also the downstairs ceiling) to the ledge with small blobs of glue.
7. The outside. Take the two long flaps which have been cut off; cover them both on one side with either brick paper or any plain white or colored paper. Carry this round to the back of the doors for at least an inch, neatening the corners. Use plenty of wallpaper paste, let it dry completely, preferably under a fairly heavy weight.
8. Hinges for doors. Cut two pieces of tape to match the height of the doors, fold the tapes lengthways down the middle and apply glue generously to one half. Stick this to the back of the door, leaving the other half free to be stuck to the outside wall of the house after the first lot of glue has dried. (See Diagram 2.)

DIAGRAM 2



9. Treat the second hinge and door in the same way.
10. Using wallpaper paste, cover the side walls with paper to match the front, carrying it to the roof, and over the tape hinges at the side.
11. Decorate the inside of the doors, using attractive paper (colored wrapping papers are ideal) so that you have an attractive frame for the rooms when the house is open. Cover the tape hinge, which should now be almost completely hidden.
12. The outside of the house needs finishing with a covering for the roof, a front door, windows and a chimney. These can be in any style, but the most suitable style for a house of this high, narrow shape is that of a terraced house of the late 19th century. (See Diagram 3.)
13. Two matchbox covers stuck side by side are the foundation for the chimney. Cut out triangles so that the chimney fits snugly onto the roof, and cover it with brick paper. Brush plenty of wallpaper paste inside the chimney; then fill it with crumpled tissue paper and more wallpaper paste so that the tissue makes a base for finally fixing it to the roof; a dab of glue will then hold the whole thing firmly in place. Chimney-pots are corks wedged into the upper part of the matchbox covers; they should be glued and painted.
14. For doors and windows of a terrace house, copy Diagram 3 drawing them on thin white card with a felt pen or Indian ink and then cutting them out. Once you have done one window, draw round the shape — as if you were using a stencil — to make the others. The door knob is a thumb tack pushed through the cardboard.

All houses, whatever their size and shape, are better if they are glued to a base board when they are finished. The base board should be cut from a piece of cardboard about an inch bigger all round than the floor area of the house, and covered with plain paper. If the house is then glued to the middle of this base it will not only look nicer but it will also stand up better, without tipping over.

A TERRACE HOUSE

One of the prettiest things about terrace houses is the

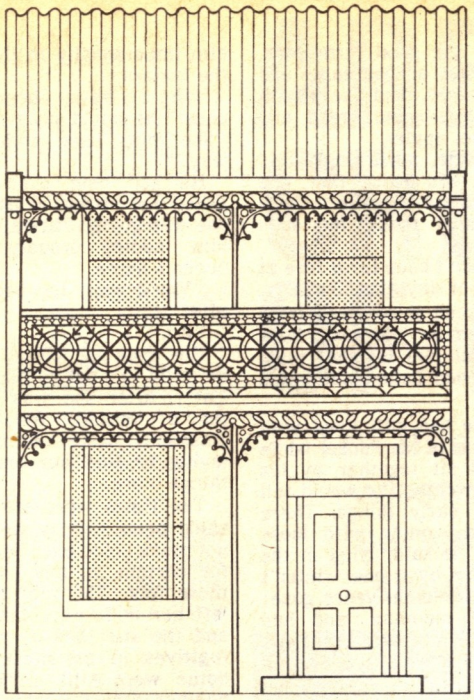


DIAGRAM 3

cast-iron work, like lace, on porches, verandahs and rooftops. Tons of iron lace was put up in Australia in the 19th century, for it was immensely fashionable to have a house decorated in this way.

The easiest way to copy this cast-iron work on a dolls' house is to substitute lengths of ordinary cotton lace, or pieces cut from a lacey plastic mat. You will need one yd. of very narrow edging for the frills at the top of the verandahs, and something wider (about 3 in. wide for an average dolls' house) for the balconies.

The corrugated iron roof is made from ordinary corrugated paper. Paint it with two coats of grey or black gloss paint, which will give it a hard metallic look, or use varnish over poster paint or thin colored paper to get the same effect.

Method:

1. Make basic shape, paper inside walls.
2. If you want white iron lace, have grey or beige outside walls, so that the lace will show up. If you have black ironwork then make the walls white.
3. Stick on the doors and windows.
4. Add balconies and verandahs by sticking on strips of lace.
5. Cover roof slopes with corrugated paper (ridged side up); either paint it or cover it with thin colored paper pressed well down into the ridges.

Note: You can, of course, divide the two basic divisions into many more rooms.

DOLLS' HOUSE FURNITURE

Bought furniture is a help to begin with, but you will make your house more interesting, and get much more pleasure, if you make pieces yourself.

Keep a box for storing useful odds and ends, and collect the following things: cotton reels, corks, cardboard tubes, wood from cigar boxes, icecream sticks, toothpicks, pipe cleaners, long glass-headed pins, map tacks with colored heads, beads, small pictures from magazines, ribbon, scraps of felt, wallpaper, tops from tubes and jars, matchboxes, artificial flowers and fuse wire.

A matchbox chest of drawers is made by sticking six or more boxes together and covering them with colored paper. Place four round beads underneath for feet, push in map tacks or thumb tacks for drawer handles.

Experiment with matchboxes to make various pieces of furniture — shelves, fireplaces and so on; be sure the size is right for your house.

Ideas for using matchboxes:

- Three matchboxes stuck side by side make a single bed. Add four bead feet and a headboard made from a piece of card; the mattress is plastic foam; the bedclothes are cut from scraps of fine material.
- The basic chest of drawers, without the feet but with an adhesive plastic top, makes a kitchen cabinet. Matchbox trays make kitchen shelves.
- Matchbox trays, stuck direct to the walls, either singly or in groups, make bookshelves and cabinets.
- The smallest size of matchbox makes a suitcase, covered with brown paper and with a thin strip of brown paper for the handle. Print the doll's initials on the lid, and make a tiny tie-on label.

More ideas:

One of the quickest ways to transform a dolls' house room is to put a folding screen across one corner. Fold thin card into four equal widths so that it will stand up in a W shape. Victorian scrap screens are very popular again now; a miniature version is easily made by covering each panel with tiny pictures overlapping each other — use stamps, magazine illustrations and bits cut from gift-wrapping paper. For a real Victorian look, use pictures of kittens, pretty little girls, and roses.

Caps from toothpaste tubes make good flower pots. Stand one on its head, fill it with plasticine, push in a small artificial flower.

Bowls can be made from acorn cups and a cradle made from three-quarters of a walnut shell. To prevent the cradle tipping backwards drop a spot of sealing wax inside the shell about where the baby's feet would be.

Cotton reels can be turned into stools, with padded cushions on the seats. They are also useful for tubs to stand outside the front door, holding bushes made from fir cones. Fir cones are glued onto the top of the reel, which should be painted a bright color. The top of a face-cream jar stuck on top of a cotton reel becomes a coffee table; it looks smart with a circular table cloth.

Make mounted stags' heads by using the heads of small plastic animals — stags or buffaloes or any wild animal will do — then sticking the heads to shield-shaped pieces of cardboard.

Tiny cushions are made from a length of ribbon, with cotton wool for stuffing; embroidered ribbon is particularly pretty. Make a pillow and quilt for the walnut shell cradle, or do patchwork scaled down to the right size.

Long glass headed pins pushed through two thin cardboard discs make a pretty birdcage, which can be hung from the ceiling.

Pictures are simplest of all, and as soon as you hang a few the dolls' house begins to look very real; they can either be stuck to the walls, or mounted on a piece of card framed with matchsticks painted gold.

Some items which aren't meant for dolls' houses at all fit in very well. Souvenir shops sometimes have tiny brass candlesticks which are perfect, and they can be fitted with birthday cake candles. Other cake decorations come in useful too — the white fluted pillars intended for wedding cakes are ready made pedestals for grand drawing rooms, topped with a statue or a vase of flowers. Broken jewellery, especially odd earrings and metal charms, provides more ornaments.

A handbag mirror becomes a hanging mirror for a dolls' house wall. Tin lids and bottle caps are useful for trays, dishes and cooking pots: an oblong top with a flower picture stuck on makes a tea tray, and cooking pots made from bottle caps need a button lid.

Toy watches can be converted into clocks. Little oblongs of wood or thick cardboard, suitably covered, look like books. A dolls' house writing table can have tiny sheets of paper on it (cut them from a piece of writing paper) and a small feather makes a quill pen.

Dolls' house kitchens should always be as full as possible. The commercially made kitchen furniture, refrigerators, cooking stoves and so on, is very good. Add things like small shells from the seaside which look like scallops or oysters. Tiny glass chemists' jars make containers for rice or sago.

The more detail you can get inside your house the more interesting it will be. The things we remember best from old fashioned dolls' houses are the chess sets, the ivory binoculars, the globes and the cross-stitch pictures saying "Home Sweet Home". It is finishing touches like these that make all the difference, and you can never have too many of them.

FROM the book The Dolls' House Book, by Pauline Flick, (C) Pauline Flick 1973, published by William Collins Sons & Co., Great Britain.

THE MALVIE INHERITANCE

Continued from Page 73

she was going to her first situation, and the prospect seemed as bleak as the landscape. This Mrs. Retford lived miles from anywhere, and it would be necessary, for the final stage of her journey, to walk.

SHE clutched the modest hamper which contained her few belongings, and drew her grey cloak round her against the cold. The coach drew to a halt at an inn; she could see its lights and open door across a square cobbled yard, but did not intend to go in.

She alighted with the other passengers and, having inquired the direction of the departing driver, set forth with her long, easy stride. Before long she heard running footsteps and, turning, saw the young mother with her child who had occupied the opposite seat in the coach; she beckoned Livia.

"You goin' to Malvie? Like a place in the cart?"

The farm cart was welcome, though open to the cold and frost; she huddled in the back, watching the young woman's husband, an agricultural worker, settle his wife in and hoist the little boy up by him.

Livia watched them, a certain bitterness in her expression softening and almost fading as she did so; but it returned when the young woman turned and asked her where she was bound.

"The Mains, to Mrs. Retford." Her voice was deeper than most women's, and did not hold the slurred a's and lazy consonants of the region. It was difficult to know where she might have come from. The farmworker's wife clucked her tongue.

"In service there? They never stay. She's a terror, mean as they're made; she'll see you work the skin off your hands."

Her eyes goggled pleasurably, ready for further exchanges as regarded Mrs. Retford. But the young woman in the grey cloak said little more, only adding shortly that she didn't mind work; so the other was disappointed, and turned back to watching her little boy.

The horse jogged on and they soon left town behind, taking the path that led by a steep fall westwards to the shore and a sight of Man.

The sudden revelation of the glittering view made Livia draw breath. She had never before seen the sea. The sun sparkled on it as though it were molten silver; forgotten were the bare, black fields and her own cold heart. What lay beyond the width of the horizon she did not know; did anyone know what lay beyond for them? But she took comfort from the sight of the sea.

If this Mrs. Retford was a terror, she could always take a minute off now and then and go and look out at it. In any case, it couldn't be worse than what she'd come from.

Her mind ran back over the only life she could remember, and this, in turn, as always, ended in blankness, the dark, a time she knew she ought to remember but could not; a time which had made her as she was and would always be, no matter what befell.

In her blood coursed a strangeness she could not understand, a quality which had kept her, always from the beginning, separate and different from Alice and Milly and the rest; separate from Mary Reid. For all those, one day would be like the next, the next like the last; with no blank left in the memory, no warm sudden racing invitation in the veins that made gladness out of nothing, even the light of the sun on the sea.

She should have no gladness left in her; they'd tried to beat it out. She was a bad girl; they all said so. Matron and Mrs. Park at Emmett's had said so, time after time since Livia first was sent there as a stubborn black-haired little creature of seven years old, brought in by old farmer Ransome's kin.

Old Ransome himself wouldn't have parted with her. But of late his mind had begun to wander and his limbs had grown too stiff for him to get about the farm, and those who came resented her because she wasn't Ransome's own.

Why should he trouble with a gipsy's child? It wasn't as though she was his. And Livia partook heartily of the good farm fare, the porridge and cream and curded cheeses, and the small-ale and home-baked bread and stored russet apples.

It was time, accordingly, old Ransome's kin said, that she went; to Emmett's, where there was provision made for such folk.

There hadn't been farm fare at Emmett's, or anything like it.

Livia's mind shied away from recent memory, jerking back like a wilful foal to what must have happened before she could remember.

While she had still lived with old Ransome in his house, while they would sit together by his fire of an evening, he would tell her of the early things. There had been a woman with loose black hair, he said, lying in the straw of the byre one winter's night seven or eight years gone; he'd heard moaning, and had gone out with a lantern in the end to see if it was one of the beasts.

Bitter cold it was, so that frost silvered the roofs of the house and shed, and made the cattle stamp in their stalls. The woman was in labor, too far gone for Ransome to carry her back again into his house; the child was born there in the straw.

Afterwards he'd gone to fetch a blanket and hot posset for the poor mother to sup, but by the time he got back with the bowl, being even then a bit slow, she was dying; he could tell by the fallen-in quality of her face, and the great sunken eyes surveying him impersonally in the light of the lantern.

"She'd have been pretty once," he would say reflectively. "She must have come a long way."

He had bent over her and asked her name, when he saw she was going. "Livia," she told him, adding proudly, "It's a queen's name."

"You'd want the bairn called after ye?"

"Ay."

Her eyes had closed then and he could find out nothing further. Later, after she was dead and they'd buried her, farmer Ransome busied himself with trying to find out one or two things more.

The times were troubled and she'd been a gipsy woman, and not much could ever be found out for certain, in any case, about those folk. The fact that she'd left her tribe gave him a lead; and the stir then over Jacobite fugitives in the north country. Some were still hiding in the heather, others making all sail to France if they could find a ship, still others, all of that same year, trapped and shot or hanged or drowned without trial.

There was a tale, and farmer Ransome was to hand it on to the child Livia for what it was worth, about a fugitive from the north parts who had been a great lord's son, and who had gone out against his father's wishes for the prince when he came over in the previous summer.

Later, after Culloden, the lord's son took up with a gipsy woman, who hid him and left her own kin to follow him. He was a fine, handsome fellow, they said, with a head of long curling hair.

The redcoats found him at last and took him from her, and tied him up by his long hair to a horse's tail, and dragged him by that towards the next town. When they got there he was dead, and the woman who had followed, wailing, made off then alone, to have her child. It was impossible, in the confusion of the times, to be more certain of anything than that.

THE man's name, the officer in command of the detachment told farmer Ransome later, had been Millarch. It needn't have been his real name.

The old farmer had christened the baby and brought her up himself, weaning her from ewe's milk as though she were an orphan lamb. She thrived well enough, and diverted him in the evenings.

There was, in those days, an old woman who came up from the village to clean for Ransome, and she helped with Livia; but she died in the third spring. After that things went from bad to worse, and old Ransome grew increasingly addled and rheumatic, so that his married daughter moved in.

The child Livia had meantime been neglected, and by the time they persuaded Ransome to let

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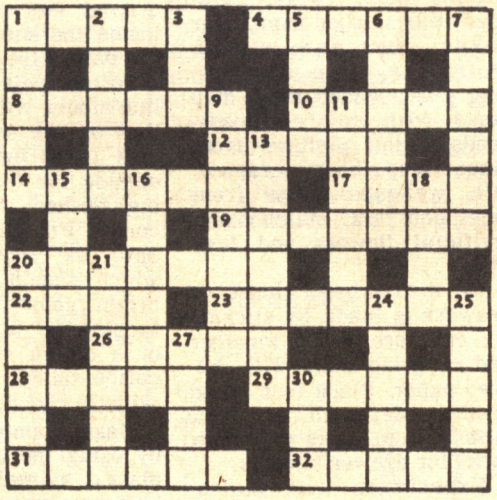
NEW IDEA CROSSWORD No. 1128



Across:

1. Conflagration.
4. Mine excavations.
8. Boring tool.
10. Obvious.
12. Attempt.
14. Highest.
17. Examine.
19. Methodical.
20. Compose.
22. Cut down.
23. Trace.
26. Refix.
28. Endure.
29. Choose.
31. Amends.
32. Corroded.

Down:

1. Explode.
2. Profit.
3. Evening.
5. Summits.
6. Actor.
7. Saneness.
9. Make clear.
11. Most recent.
13. Roads.
15. Medicinal plant.
16. Cut off the tops of.
18. Garden pest.
20. Crumple.
21. Pert. to sea.
24. Articles.
25. Entrance.
27. Remit.
30. Sin.

SOLUTION NEXT WEEK

SOLUTION TO CROSSWORD No. 1127

Across: 1. Deems, 4. Banter, 8. Otters, 10. Hangs, 12. Utters, 14. Platter, 17. Riot, 19. Retilts, 20. Listens, 22. Adit, 23. Essence, 27. Regret, 29. Opera, 30. Sacred, 31. Rustle, 32. Dread.

Down: 1. Droop, 2. Extra, 3. Strut, 5. Ache, 6. Tonsil, 7. Resets, 9. Sterner, 11. Arrive, 13. Tresses, 15. Laid, 16. Tatter, 18. Otic, 20. Labour, 21. Sirens, 24. Staid, 25. Nerve, 26. Ended, 28. Gall.

ARE YOU A CREATURE OF HABIT?

Try this easy test and learn whether habits are your servants or if you are a slave to your patterns

THE famous Russian author Dostoyevsky wrote: "It seems as if the second half of a man's life is made up of nothing but the habits he has accumulated during the first half."

We are all creatures of habit to some extent. It would be dreadful if we had to figure out how to tie our shoe laces each morning and how to button our coat or had to relearn how to drive a car each time we slipped behind the wheel.

On the other hand, we can become the victims of habits that are so rigid that the slightest change in our lives becomes a shattering experience. This test, devised by Jane Sherrod Singer, will help you assess whether habits are your servants or if you are a slave to your patterns.

1. Are you happiest when you are in your own home or your own working environment?

YES (——) NO (——)

2. Are you usually upset when an unexpected guest arrives?

YES (——) NO (——)

3. Do you always hang your night-clothing on the same hook?

YES (——) NO (——)

4. Do you prefer to take familiar routes rather than exploring new ones?

YES (——) NO (——)

5. Does it irritate you when someone moves your books, chair or other object from its usual place?

YES (——) NO (——)

6. Do you hesitate to sample new foods?

YES (——) NO (——)

7. Do you usually shop at the same stores?

YES (——) NO (——)

8. Would you like to have a clock in every room of your home?

YES (——) NO (——)

9. Do you (or would you) enjoy teaching an animal to do tricks?

YES (——) NO (——)

10. Do you seldom lose or mislay things such as keys, glasses, your purse or wallet?

YES (——) NO (——)

11. Do you tend to do everyday things as your parents did them?

YES (——) NO (——)

12. If you were to visit a foreign country where the eating hours varied greatly from those to which you are accustomed, would you be upset?

YES (——) NO (——)

13. Do you usually retire at the same hour every night?

YES (——) NO (——)

SCORING:

The questions you have just answered are harmless. No answer is wrong, but the total number of points you have scored may give you some insight about the way you behave.

1 to 13: 3 points for each YES answer.

HIGHEST POSSIBLE SCORE ON THIS TEST IS 39.

ANALYSIS:

38-39: You are well on your way to becoming a victim of habit. Remember the old statement: "The only difference between a rut and a grave is its dimensions."

30-38: You like routine but can break your pattern if necessary. Keep the habits which serve you well, but don't let them stand in the way of progress if a new set of routines would serve you better.

20-28: You are likely easy-going although you may not use your time to the best advantage. In all probability you have to search for your keys and never have a pencil by the telephone.

0-19: Your resistance to routine makes life unnecessarily difficult for you and a problem to those around you. Try a little self-discipline and you will probably find many things will smooth out. Good habits increase efficiency if one is not bound by them.

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THE MALVIE INHERITANCE

Continued from Page 76

her go to Emmett's orphanage — it was only for a while, they told him, till things got straight — her hair was matted so thickly they had to cut it, for no comb would go through, and they picked her free of lice.

IF the old man had had his wits about him, Livia knew, he wouldn't have parted with her. He died that same year, and the parish buried him.

Emmett's foundation, where Livia spent the next nine years of her life, had been brought into being by two brothers of that name not hitherto renowned for their piety; they had been burgesses of the town in the time of James the Sixth.

By then, it was no longer possible to shrive one's soul by leaving Mass-silver, and as an alternative the brothers left a certain sum for the education and maintenance of 12 young women who were, the titles stated, to be indigent and without other means of support.

They were to be taught, and thoroughly instructed in, those arts which go to make up a good housewife or domestic servant; they were to be brought up in the fear of the Lord; and on departure to a paid assignment or to marriage were to be given — and this was one of the few tenets still adhered to by present-day authority — 12 pence as dowry, to be paid, on their departure, out of the fund.

By now, certain modifications had crept into Emmett's. The instruction in housewifery mostly covered public laundry, which the orphan children took in and did with great benefit to the fund, which absorbed the payments.

A provident clause in the contract ensured that, when work was found for them — and with the shortage of domestics everywhere this was not likely to cause inconvenience — the first three years' payment should be sent direct to Emmett's, who would deduct one-third against the back costs of the orphan's food and board from the age of seven.

In this manner a nice balance was ensured for the municipal authority, who had some time since absorbed Emmett's original foundation and had moreover, providently for these times, added the initial town correction-house to the earlier endowment financed by the brothers' trust. With suitable physical barriers erected, there was no reason for the inmates of the two buildings ever to meet.

Processions to church were an exception, but as they were not permitted to speak on that occcasion, no harm was done to the orphans' morals. On such a day, Morven Doon had already glimpsed Livia.

Livia remembered the correction-house walls, of yellow brick, rising beyond the high windows of the communal dormitory in which she had slept, with 11 others, since the farm-folk delivered her to Emmett's. On asking what that building was she had been told not to ask questions; and after a few days had no leisure or energy to ask more.

The orphans were kept hard at work, and fed badly. Clappers came round at five in the morning, wielded with a certain enjoyment — it was her only one — by Ada Park, the second-in-command of Mrs. Priddy, the governor's wife and orphanage matron.

Ada had herself been an orphan and could remember nothing before Emmett's. She had long had individuality and the milk of human kindness flogged and probably laundered out of her; it had proved impossible to find her a situation despite her hard-working capacity; she stank.

The stink, which Ada could not help or remove, pervaded every place where Ada was known to have been. After a time one grew used to it. She was a thin bitter carping creature who disliked the orphans and could never be free of them; even her bed was in the common row. They assumed Ada as a necessary evil; they were long since beyond hate.

The dormitory was not private, any more than most other parts of Emmett's. It was not permitted to talk there, and even whispering between one bed and the next was overheard by Ada, zealously reported by her, and the culprit flogged.

No doubt this helped to account for the singular state of innocence in which Livia herself grew up, despite her child's memory of farm animals and nature. By the age of 12 she had still no idea what men were for, except to thunder prayers and read the Bible.

Governor Priddy, the only man in sight except at church, was a tall, lean, cold-eyed, mean-faced creature, who on Sundays added terror to his appearance by putting on a black beaver and stock. At church he would sit among the elders; at meals at Emmett's, in so far as the twice daily issue of thin cooling gruel could be called by this courtesy, he excelled himself. From the table-head, where his own served viands differed enough to bring hungry sniffing to the 12 poor little creatures placed below him, he would emit a lengthy grace.

Early in the morning, and before retiring at night, there were more prayers, and a Bible-reading; the minor prophets were favored, as they gave Governor Priddy an opportunity to render the adverse thunderings of Jeremiah about a situation the orphans could but doubtfully understand.

They were visited also by the town minister, his wife, the kirk session who were hereditary governors of Emmett's, and now and again by prospective employers.

A close relationship was maintained between these good ladies and the authorities of Emmett's, who could always be relied upon to relieve the shortage or, at worst, to put them for a consideration on the waiting list. They would also assist in the not infrequent escapes or lapses of the employed from found situations: at worst, they would take back these unfortunates for a variable period of correction.

It was a service not freely available in other towns, and the authorities prided themselves on the maintenance of so fine a tradition of public service in the burgh.

The spectacle of Governor Priddy, lofty, black-clad, and infallible, confused itself with the probable image of God in Livia's earliest thoughts on the subject; she was, in accordance with the rules of the foundation, thoroughly instructed in Holy Writ and in the fear of the Lord.

The latter emotion was taken for granted more than would, perhaps, have been the case had the children not been so tired out physically. Instruction in laundry practice exceeded even instruction in the prophecies of Jeremiah, Nahum, and Habakkuk.

From the time the little girls were nine years old they would participate in the full rota of housework at Emmett's. The rota involved sweeping duties, cooking and washing up the crockery bowls; scrubbing the long wooden tables, their very knots worn flat with such toil over the years, with lye; sanding the cleaned floors, and — a break from monotony — drawing chalk patterns afterwards, according to one's fancy, on the still damp redstone tiles of the governor's newly-washed corridor.

Livia liked this exercise, except that the stones were cold in winter.

THERE was no protection from cold or respite from heat; the girls wore hodden grey, in summer as in winter. In former days they had spun and woven it into gowns themselves; now it was supplied by a weaver in town at low cost, to allow more time to be spent in the laundry.

The purchase of hodden did not happen often; one gown would be handed down from the last owner, well patched, to the girl coming up. When a girl grew too big for the largest size available it was time for her to move out of Emmett's.

The 12 pence had been intended as a dowry, but this was seldom needed as such. Emmett's allowed few opportunities for meeting bridegrooms, and citizens' wives were constantly in need of maids. A small, meek, underfed orphan, who could launder and had no great opinion of herself,

Please turn to Page 85

BREATHING DIFFICULTIES

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ABOVE: This setting is a made-over room with a revamped sofa and cut-down dining table. Paint and bright new fabric did the job.

NEW LIFE FOR OLD FURNITURE

ANTIQUING AND COVERING WHAT PREVIOUSLY WERE EYESORES IS A TREND THAT ADDS CHARM AND WARMTH TO MANY HOMES

ALMOST everyone knows the feeling of wanting to have a party, and then the doubts — is the house up to scratch?

You've been out and someone's redecorated — or you haven't been out and someone special is coming and you don't feel quite confident.

No need to panic.

Far the best thing is just to make everything shining clean and lay on good food and drink — even in the back yard with a few old forms round the barbecue you can still have a great New Year party if the company's right and the food too.

But you can make a few changes and freshen up the place a bit to good effect if you think around your problems.

The setting on this page, from America, holds a few clues. The sofa was made of a very old folding bed, with a black foam mattress put on top and cushions. Big cities have shops that sell these foam furnishing adjuncts and they're good for a short run or light use, or for time-saving furniture with zip-off covers . . . it beats sitting on the floor, and we all know the cost of good durable sofas and big chairs.

The print cotton was washed and shrunk before machining up.

The chest units on both sides of the sofa were parts of an old desk, bought second-hand, the legs cut off and replaced with castors (not vital, because castors can be a bit expensive).

The drawers were given new brass fittings from the hardware store.

The sofa table was originally a dining-table of oak, then the legs were cut down to give plenty of room for drinks and food to go with a long leisurely evening's conversation.

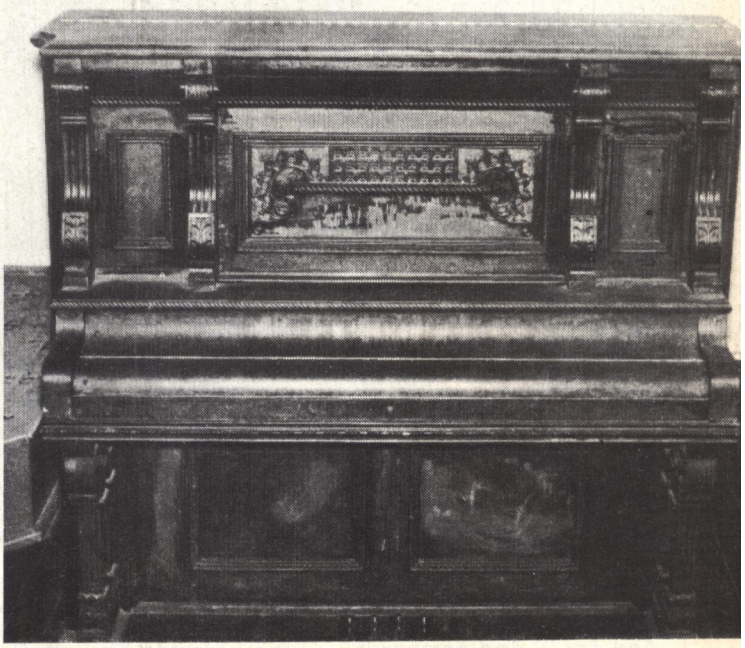
Our piano (or it could be a player-piano), was a veteran, of excellent wood, but the surface of the French polish was crazed all over. This was in fact a Methodist Church hall piano from Clayton, V., and it took on a new lease of

On the house

Compiled by
CAROLINE ROSS

LEFT: A colorful example of antiquing. The piano was treated in a soft orange with pale toner for highlights, leaving no evidence of crazed surface.

BELOW: The same piano as it looked in a Melbourne Methodist Church hall before its coat of orange paint over the original dark wood.



life with a coat of orange-antique paint. In this case from Dulux, who supply the following instructions if you want to antique a piece yourself.

They claim their method produces an "antique" in one day, compared with two or three days by some other methods. This system involves a fast-drying base coat, a special pressure pack foam toner and a clear finishing coat in satin or gloss.

The piano was first sanded to remove most of the original stain and polish, then wiped over with a turps-soaked rag to take off any traces of wax or grease. The colored base coat was applied by brush and allowed to dry for about three hours.

Then a small quantity of the foam toner (which comes out like shaving cream), was applied, the excess wiped off leaving less color on the curved highlights and more in the crevices of the carving, giving the desired "antique" patina.

Two hours later came the satin clear finish. By using a slightly heavier coat of foam toner you can vary the effect for a more pronounced contrast.

- Some people like a stipple finish, done by dabbing the wet foam toner with a sponge, piece of steel wool, twist pile carpet, brush tip, etc.
- To achieve a marbling effect, crumple up a plastic sheet, open it, shake it out, put it on the wet foam-toner surface and dab it slowly until it sticks in a few places, then quickly lift the sheet straight up from the surface without dragging it.
- Natural wood grain patterns can be made by the more skilful user by drawing a brush, a graining comb or a cheesecloth through the toner, varying the shading and tone to simulate real graining.
- Other textural effects can be achieved by dabbing the wet foam-toner lightly with a bunched-up wad of cheesecloth, burlap, paper or flexible plastic.
- Create a pattern too, by changing the position of your hand as you dab.

An antique Gold Burnish is also available for producing a more luxurious look. It is put on after the antique base, and gently wiped with a soft cloth or tissue until the desired look is achieved. Let Gold Burnish dry overnight, however, before the clear coat goes on . . . it takes a bit longer.

Now start working and have the party of your life, to welcome 1974.

So who needs a beauty salon?

. . . when G. E. can give you such simple ways to set your hair yourself. And condition it. And dry it. And pamper it.

And when G. E. can give you a mirror that lets you make up to look great where you're going to be.

(After all, it is outside the salon where you want to look good).

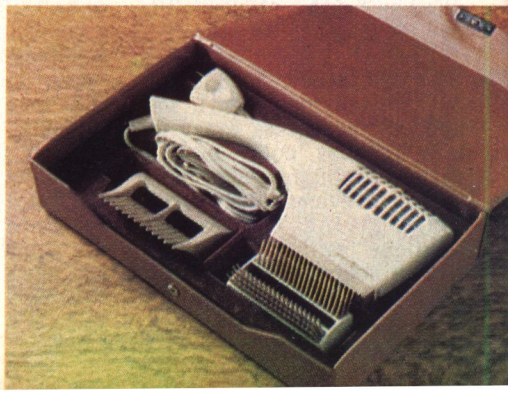
So. Five beautiful things you can do for yourself:

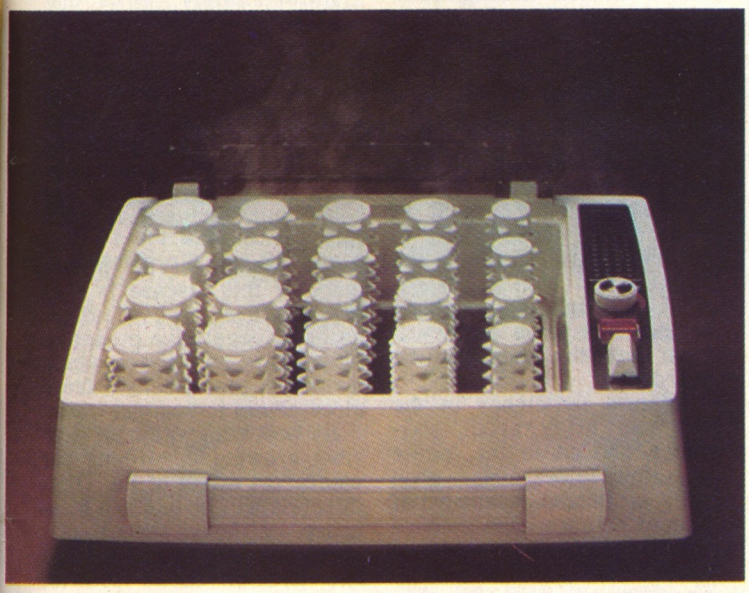
Our Styling Dryers give you two heat settings. One blows hotter and stronger to get your hair drier, faster. The other is just right for styling.

Also, our deluxe, His 'n Hers model has a comb attachment for drying tangle-free, and a brush for styling.

Comes in deluxe pack for girls and guys on the go.

Deluxe Model SD10. Custom SD20.





Our newest. The G. E. Mist/Condition Speedsetter.

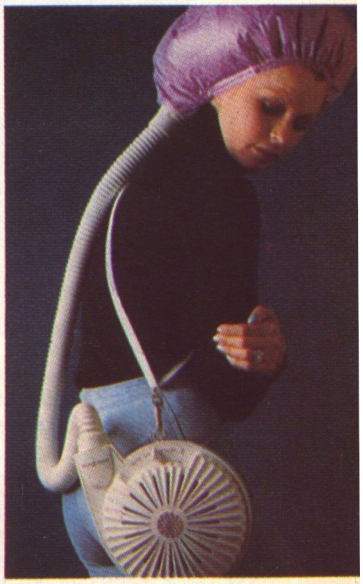
Not only shapes your hair, but shines it. With conditioner.

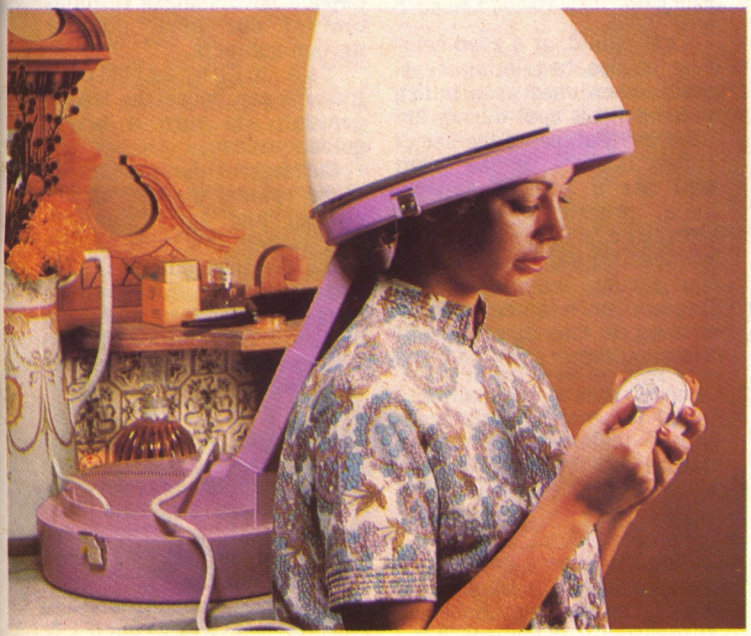
You can use it as often as you like. And your ends won't split. And your hair won't frizz.

And think what it'll save you in sets. Model HD20.

Our Princess Hairdryer has three heat settings, plus no-heat. It has all the attachments you'd expect from our best. Comes in a very smart case with detachable brush/comb attachment and large bonnet with reach in top. Model HD30.

Then there's our Debutante Hairdryer. To give a girl a break, it's budget priced and includes a brush/comb attachment. Model HD21.





7689NI

G. E.'s Salon-type Hairdryers.

Our deluxe model has a remote heating control. Our budget model hasn't.

Both give you three heat settings plus no-heat when you want it.

Both circulate conditioned air evenly through their professionally designed hoods. Both fold down, click-click-click, to become neat little packages.

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Both have a mirror that swivels to give you a natural or a magnified image.

The deluxe model lets you choose from four light settings, to match the light you'll be seen in.

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The beauty makers from G.E.

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ABOVE: Standing tall and blue among the garden shrubs is the Monkshood or Aconite with its deeply veined flowers and interesting foliage. It is spectacular and needs only minimal attention.

These are perennial favorites

A LITTLE PLANNING AND CARE BRINGS A FEAST OF COLOR

MANY people with larger gardens find they can't devote the time they would like to spend in them. They begin to wish for a smaller area to weed and cultivate.

We should face facts and admit that a number of the most attractive garden plants, such as dahlias, gladioli, chysanthemums and roses do need attention.

Among those plants called perennials, however, are many which, although giving a magnificent display in the appropriate season, call for little care. Some need not be disturbed for many years and yet will continue to provide garden color.

During the autumn you can prepare planting positions suited to a great variety of perennials. These are usually best planted out in winter.

Basically, all require good drainage and soil rich in humus. Some spreading types, such as physostegia, will grow well even in very damp positions, provided the soil is not really sour. This plant, in fact, is greatly undervalued by gardeners.

In the Melbourne Botanic Gardens there is a wonderful display of these plants in full bloom among evergreen shrubs. The spiky mauve-pink flowers in formal splendor, give brilliance to an otherwise drab shrubbery bed. They are easily grown from roots or cuttings.

At this time of year you could consider planting seedling delphiniums. New hybrids in these old garden favorites can now be bought in combinations of white, pale and navy blues, pinks and lilac.

Another old favorite of mine which, like the delphiniums, will grow up through shrubs and flower on six-ft. spikes, is the blue Monkshood Aconitum napellus.

Tubers of this plant can be planted in early winter and will flower the following autumn. Even their foliage is interesting and the peculiar flowers in a deeply veined sky-blue, are spectacular when massed among dark green foliage.

Other taller perennials that I recommend are alstroemeria (the Peruvian lily), aquilegia, astilbe and doronicum (leopard's bane).

Many readers ask for the correct cultural treatment for daphnes, because it is common for these plants to be sickly. First, too much sun on the plant could be responsible, although, while daphne should have some protection from heat, this should not be overdone.

Mineral deficiency in the soil can bring about starvation and cause the leaves to yellow. In reasonably good soil, a liberal quantity of animal manure, cow manure for preference, worked around the plant is usually enough to correct this deficiency.

Leaf mould, or a good compost is also beneficial, especially when used as a mulch to keep roots cool during hot weather. Following the use of rotted manure, if the plant still has a starved appearance, proprietary fertiliser mixture specially compounded for daphnes and similar shrubs, such as Rhodo Daphne Tonic can be used according to the directions of the manufacturers.

Insect pests also cause a lot of trouble. A fairly large black scale which attacks daphne can be controlled by spraying with white oil, taking care to spray well under the leaves.

Another insect pest which attacks daphne is mealy bug, a soft, fleshy, sluggish insect. It is difficult to control, but a lindane spray is usually effective. This pest often attacks roots, in which case one of newer systemic sprays may be useful. When using any spray, be guided by the printed directions. Repeated spraying may be necessary to eradicate heavy insect infestation.

Bad drainage or allowing the plant to become dry will cause it to look sick. Although daphne is a moisture loving plant, it reacts very unfavorably to bad drainage.

Unfortunately, virus disease is the main cause of daphnes being in poor condition. One seldom sees a daphne that is not affected to some extent by virus disease. Telltale signs are yellowing of the leaves, especially when leaves assume a pale color with blotches through them.

The reason for the prevalence of this disease is that daphnes are always propagated by vegetative means — by cuttings and layers which transmit the disease from older plants to younger ones.

By providing the best possible growing conditions for plants, the effect of the virus infection will be cut to a minimum. Although virus disease considerably shortens the life of these plants, daphne nevertheless remains one of our most popular garden subjects.

Too much artificial manure can cause the leaves generally to turn a bright golden yellow.

Cuttings of daphne can be taken toward the end of December and early January. The rather thin side shoots make the best cuttings. Cuttings no longer than four inches, either with or without a heel, are satisfactory.

Clean washed sand, neither too coarse nor too fine, mixed with European peat (one of peat to three or four parts of sand) seems to be as good a medium as any.

Pots containing the cuttings should be placed under glass and be well protected from the hot sun.

Through your garden gate

WITH BARRY MOIGNARD

Tip of the week

In the cool of the day

Cut flowers for indoor decoration either early in the morning or late in the evening when the temperature has dropped. Put them into deep water at once and leave for several hours before starting to arrange them.

From Ideas For The Garden, by Ray Procter.

THE MALVIE INHERITANCE

Continued from Page 79

was worth keeping from an employer's point of view; girls from outside were flighty.

BESIDES, the compulsion to repay a lifetime's board out of wages, which were low enough at three pounds a year, would discourage the most ardent suitor on an ordinary wage: whether a girl married or not, she still had to go on working to repay the debt till this was clear, and could bring little to a husband and family. Otherwise, there was the correction-house.

Certain enterprising young women had in fact married, then fled elsewhere, or reared so many children in so short a time that it became impractical to pursue them for full gain. But these were the lucky exceptions, not in any case spoken of by anyone left behind.

The public wash came in each working day; it was the task of the smallest girls to carry it down to the laundry. In those days there was not yet a boiler at Emmett's, and all the water had to be carried up from the river by hand, or else the girls took the wash down to the banks in summer and trod it repeatedly in the shallow water.

Certain fine linen, however, needed indoor treatment. One orphan — in Livia's time it was a rickety child named Alice Greer, whose bow legs toddled manfully back and forth between the irons and the lye-pot — would stoke the fire, while one or two others trod the linen tub.

This last job was the favorite, as it somehow gave rise to a dance, skirts hitched high out of the water, bare legs flying; it was the only approach to levity the orphans had. By the day's end, however, the joy had mostly been taken out of them; everything must be finished, the wash hung out or ironed, the fire cleaned for next day and its surface rubbed with sand, all buckets emptied and put back where they came from.

Mrs. Priddy, who never showed herself while there were tasks to be done, would make an inspection at the day's close, to ensure propriety and thoroughness. Ada Park was not allowed near the clean linen.

If anything was found to be undone, or badly done, matron's gimlet eye would spot it; then the miscreant would go without supper. Supper wasn't much, being no more than thin gruel and a manchet as usual, except on Sundays when there was broth; but on Sunday there was of course no laundry.

Livia was a good worker; something in her rejoiced in the fact of tasks to be done, thankless and grim though these often were. Besides, she had a fund of health accounted for by the early rearing on Ransome's farm. Because Livia grew tall and strong, she was given the heaviest tasks to do; generally, when there was extra laundry work, it was she who was set to it often in solitude.

She minded this less than might have been expected. Her own company was enough for her, and in ways always would be. It was, in fact, less dull than that of Alice, Milly, Ada and the rest; the defeated grey look that made them seem already like little old women had entered their souls, and talk was sparse and mostly forbidden.

Livia thrived on silence. She knew also, though she had no mirror, that she wasn't like the rest, either in soul or body. Supple and strong as a young tree sapling, she knew her body was; and she had breasts already; they'd formed over a year ago.

There were other matters one put up with, but which had never been explained; they were on matron's forbidden list. Sometimes, when huddling down at night beneath the single, greyish blanket on her bed, Livia would be aware of her own smooth, sliding limbs; and in the river sometimes, if she got down first to wash the day's lot before the others came, she could see her own reflection in calm water.

It was already as Morven would see it, and remember; a face broad and strong in the cheekbones, the mouth full and generous, the eyes shadowy in reflection beneath the tight laundry cap.

Livia was treading the tub by herself as Alice had snuffles, the day the governor passed by, whether by accident or not she never knew, or wondered later. She had her skirts bundled high and was kicking and dancing in the wash, while her bare toes dripped beads of dissolved lye as they left the water. Livia, seeing his pale intent face at the door, stopped fearfully, and bobbed a curtsy in the tub.

Lord knew what he must have seen, she thought, as she kicked her height moments ago. He didn't seem displeased, however; he closed the door and latched it. His lips, she noted, as he came towards her, seemed purplish today in his pale set face; like the plums in thin dough they had sometimes in summer.

What did he want with her? Livia began to tremble; there was almost nothing one could think of doing which wasn't punished, somehow or other, soon or late.

"Come here," he told her. He didn't trouble, that time, with her name.

Livia stepped out of the tub, and stood trembling on the stone floor, barefooted, the wet dripping from her legs and skirts. What would he do now? But it wasn't — queerly — punishment. The governor, instead, was doing an unexpected thing. He had put forth a hand and was, almost reflectively, caressing her.

Livia watched in fascination. She wasn't to know that Governor Priddy's wife, the Provost's sister, had denied him marital rights now for a matter of five years. The sneck on the laundry-door would hold.

Governor Priddy got at Livia four times more after that; after the first, she was no longer surprised, hardly even frightened. It gave her, in a way, a sense of power.

Livia closed her eyes and let him get on with it. If it was what he wanted, she'd be better off no doubt, as long as he was pleased with her. Since it all started, matron had sent her down to town by herself on an errand to the baker's, a thing that had never happened before; and had given her a penny for herself to buy gingerbread.

Livia thought of the gingerbread; of its hot, spicy smell; of the friendly, spotty face of Tam Imrie, the baker's boy, across the counter as she bought it. The recollection occupied her until Priddy said, as always.

"Are you a good girl, Livia? Do you say your prayers?"

"Yes, sir."

"You say them each night, kneeling by your bed in your shift?"

"Oh, yes, sir." It paid to tell lies. It wasn't so bad now as it had been at first.

She hadn't dared say anything to anybody. Who could she tell? Matron would say she was a wicked liar, and have her whipped. Ada Park would only tell matron. If it got back to the governor himself, he — well, he — what would happen then?

"I am glad that you say your prayers, Livia. You may go now. And remember —."

"Yes, sir?" His tongue passed, uncertainly, over the purple lips.

"Keep silence, Livia. You understand me?"

"Oh, yes, sir."

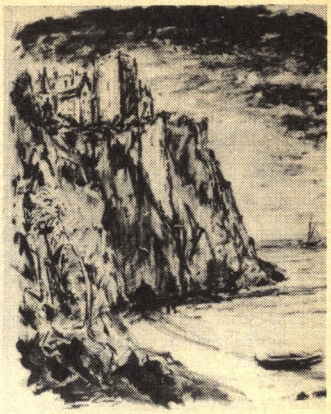
The first day she felt sick over the gruel at breakfast she didn't pay much attention. But it happened almost every morning after that. Then, about a month after, she fainted in the laundry with the hot iron in her hand, and burnt herself, which didn't matter, and somebody's washed linen petticoat, which did. Matron was sent for.

The remembrance of matron afterwards added to the queerness of the whole thing, from the beginning. Lately, matron had been almost a friend, with her gingerbread money; but now — well, she'd come and slapped Livia's face.

It was poor Tam Imrie they blamed for it.

Tam and she, all the inquiries being over, were made to stand side by side, not looking at one another, on the repentance-stools in church on Sunday morning.

Livia was sorry for Tam, whose fault it hadn't been and she could only give half an ear to the hellfire preached over them both by the minister. Say what you liked, you couldn't go to hell for what you hadn't done. But everybody in the place thought he had, and as for Livia herself, there was nothing bad enough.



The elders, among them Governor Priddy in his best blacks, sat there looking as if they and he had nothing to do with it.

Afterwards, the Emmett's authorities had Livia whipped. It was in any case the recognised punishment for a wanton. Governor Priddy sat with a gleam in his cold eyes, watching, in full view of her exposed flesh and what was happening to it.

Afterwards she was to be sent to the correction-house for some months. It wasn't usual to go there straight from Emmett's, but in her case they hadn't had any choice; and in any event, they couldn't have kept her on at the orphanage once she was known to be pregnant.

So Livia found out what was behind the yellow walls. If one waited long enough, there was an answer to all one's questions. She was taken in as an inmate of the adult house some days before her 16th birthday.

There was not so much difference as might have been expected between the correction-house and orphanage. The difference was in Livia herself; not because of her pregnancy, not because of anything that had happened to her physically, but because she was filled with rage.

THE emotion was so foreign that she did not at first recognise it, or herself in harboring it. For a poor, downtrodden, shamefully pregnant young woman, a mass of quivering and publicly chastised flesh, it was unexpected. Livia might have been assumed never to raise her head again or open her mouth.

Livia had already seen the Provost, in his great wig and chain. She had also seen the Governor, and he'd seen her, stripped part naked over a bench in front of them all and beaten with rods till she bled.

Smug, Priddy had stayed through all of that. The expression she'd caught on his face had been one of pure pleasure. It wasn't she who had a devil, Livia knew now; it was Priddy and his like.

TO BE CONTINUED

The Malvie Inheritance by Pamela Hill, published by Hodder & Stoughton.

(C) 1973 by Pamela Hill.

SIGMUND'S SONG

Continued from Page 65

chamberlain, pray, how will the fair Halina choose one of this motley quartet?"

"A quintet now, Sir Sigmund," the chamberlain replied, "for you too, are of noble blood. But to answer your question. Wenceslas has left the choice of husband to his niece if she would make it. And if she cares not so to do, then he himself will name the man."

JUST then, a roar of shouting and laughter came into the great hall from the castle yard below.

The chamberlain rose from his seat and bowing to Wenceslas said: "The men at arms, sire. They make merry in the court below and call now to give cheer to their king."

King Wenceslas rose from his high-backed chair of polished oak, and taking the hand of his old wife, the Queen Sophia, thrust aside the heavy tapestries draped behind the long table which concealed an archway leading out to a small balcony.

The chamberlain followed behind, and out of curiosity, Sigmund also rose.

As Wenceslas appeared on the balcony with his queen, a great cry went up from the crowd. The old king smiled and waved to his subjects.

Wenceslas was looking now past his roistering men at arms and their families, across the castle wall to the frozen fields, where, just outside the shadow cast by the towering keep, could be seen the bent figure of an old man, weighed down with a pile of brushwood he carried on his back, trudging slowly through the snow.

"Gottfried," Wenceslas called to the page, who was instantly at his side.

"Hither page," said the king softly, "stand by me. If thou knowest it, telling. Yonder peasant, who is he? Where and what his dwelling?"

"Sire," replied the youth, looking out at the stumbling figure, "he lives a good league hence, underneath the mountain. Hard against the forest fence, by Saint Agnes' fountain."

"Tonight is the feast of the blessed Stephen and the day of gift-giving," Wenceslas mused. "While I and my company feast here in the warmth of our hall, my subject yonder walks frozen through the snow to some humble hutment, and, I doubt not, a barren board. Even a king may not change the way of the world, but for tonight at least it shall not be so."

Turning again to the young page, Wenceslas ordered: "Bring me flesh and bring me wine, bring me pine logs hither. Tonight thou and I will see yonder poor man dine."

"With respect, husband, you speak madness," said the old Queen Sophia, softly. "The poor boy will freeze to death in such bitter weather. And so, forsooth, will you. You are not as young as you would act."

"Nor am I yet too old to trudge a league or two at the bidding of Our Lord," said Wenceslas, pressing his old wife's hand. "And as for young Gottfried here, I will make the path and he can tread in my footsteps. It will be easier for you, Gottfried, to walk where the snow lies dinted.

"We leave now, my love, but the eve is early yet, and I will return to the feast ere Saint Stephen's Day be ended. I forget not, my Queen, the duty that must be decided here tonight for our niece, the Princess Halina."

Turning back through the tapestries into the great hall, King Wenceslas brushed past Sigmund and the chamberlain, who drew back for the king and queen.

"I will be gone from the feast for some two or three hours," Wenceslas announced to the table. "Feast on, and you, Sir Sigmund, while I am gone, I pray entertain this goodly company with your lute and your song."

The King led his wife to her place, and then, with his hand on young Gottfried's shoulder, walked through the throng of trestles and out of his great hall.

There was a buzz of excitement at the king's sudden departure and when he had gone, Sir Claude Du Guesclin leaned forward across the table and called to the chamberlain: "And what matter of stately import has taken the king from our presence so suddenly, I pray?"

"He has gone to share sup with a poor peasant whom he has just seen walking homeward through the snow."

"All of the Christian world does know of the generosity of Wenceslas of Bohemia," replied the French knight sarcastically, "but I fear that his charity will be wasted on such a one. Well do we know in France how best to treat our serfs. There we have a saying: 'Punish the peasant and he will praise you. Praise him and he will punish you.' And then, addressing himself to Sigmund, he added: "No doubt you find it so in England, Sir Jongleur?"

Sigmund felt his fists clenching beneath the table, but replied quietly: "We be all free men in Edgar's England — and pious too. Punish an English peasant, Sir Claude, and I doubt not that he will heap upon your pate such a weight of praise as to straight way pass you through the gates of Paradise."

There was silence at the great table, everyone aware of the jest that the Saxon had made at Sir Claude's expense.

And for the first time that night, a soft smile touched the lips of the Princess Halina.

"We know well in France how to teach respect to the impertinent, too," snarled Sir Claude, his hand creeping to the hilt of his sword."

But the big Bavarian knight placed his hand on Sir Claude Du Guesclin's wrist and whispered: "Patience, brother knight. No honor or advantage will be gained for anyone of us if the blood of the jongleur is spilled at the board of the King."

The Frenchman drew back his hand from his sword hilt and muttered darkly: "The curse of the Evil One on all learned clerks, jongleurs and like useless rabble."

"And their tongues are keener than the sharpest lance, and sometimes just as deadly," the Bavarian whispered back.

Aloud, he said brightly: "While we all do admire our royal protector's charity, I must confess that I am much in agreement with Sir Claude, here.

"How can the serfs be compared with their masters? They are mean and malicious too. Only these two years past when I sought the funds to build my new castle, I sent forth my men at arms to collect some just taxes to pay for it.

"Well, as all men in Bavaria know, there is not one peasant who does not have his crock of gold coins buried underneath his hearth, or close by. But ask them to part with some small share for the betterment of their liege lord and they will see their sons quartered and their wives and daughters ravished, and other like, just punishments before they will give up as much as a groat. For my life, I cannot understand such a mean and stubborn people."

"You do them too much honor to call them people," Sir Tristram San Severino, the Italian knight, interrupted. "I do accept, but find it hard to

NEW WAY TO REDUCE PAINFUL HAEMORRHOIDS

And give prompt temporary relief from pain in most cases

A medication has been discovered which has the ability, in most cases, to actually shrink haemorrhoids and to promptly ease the burning itch and temporarily relieve pain. The sufferer first notices relief from the itching and pain. Then painful swelling of the inflamed haemorrhoids is gently reduced.

This was all accomplished by the use of Preparation H. There is no other formula for the treatment of haemorrhoids like it. In addition to actually shrinking haemorrhoids, Preparation H lubricates, soothes irritated tissues and contains a special bacteriostat to help prevent further infection.

No prescription is needed for Preparation H, but if the symptoms persist you should consult your doctor.

Preparation H comes in Ointment or Suppository form. Ask your chemist.

PM824/72 HP108x151

WAITING FOR BABY

Continued from Page 23

During the nine-months waiting your body will undergo enormous changes due to hormonal secretions. Usually your skin will react in one of two ways — excessive oiliness or extreme dryness. In both cases use a water-based moisturiser. For oily skin use a light water-based conditioner applied with care around the eyes and over the face, avoiding an extremely oily nose and chin. Your cleansing ritual should include an astringent applied several times daily, concentrating on the oiliest parts of the face.

If your skin is excessively dry use a rich moisturiser and an oil-based night cream spread thinly over the entire face, especially around the eyes. Take special care to protect the delicate area around the eye with the creams.

Another skin problem that plagues pregnant women is "stretch marks" These linear markings are especially prevalent around the abdomen and breasts as a result of the stretching skin. Most women will get these lines but they will fade after baby is born. Don't be alarmed if they appear. Another minor skin change is a slight darkening of the pigment across the nose and cheeks. This can be camouflaged easily by using a lighter peach-colored foundation and a dusting of translucent face powder and will fade after the pregnancy.

Keep your hair shiny, clean, and in top condition by using an instant conditioner after your shampoo and a deep conditioning treatment once a month.

Visit your dentist early in your pregnancy. Make sure you tell him you are expecting. He may not then want to X-ray your teeth.

From Waiting For Baby by Ellen Levine and Richard U. Levine, M.D. (C) Ellen Levine 1972. Published by Arlington Books.

believe, the teaching that like us, they were all made in God's image.

"Countless are the times that I have had cause to chastise my father's serfs for their stupidities. How can one even compare them to all of us here of gentle blood?

"Oh well do I know these clods who till my fields, with their great, beetling brows and their bodies all a-stench of cow manure.

"Once did a wandering Blackamoor come to my father's court with an ape from Africa. A clever animal, which did perform all types of tricks most lively. And I thought at the time, 'would be better to send my serfs to the Kingdom of the Great Cham in exchange for an army of his monkey animals. Forsooth, my fields would be tilled the better for it'."

"And yet the women, at least have their uses," said the Spaniard, Don Sebastian Albornez.

"While I have spent my life in the battles to bring all of Castille under the banner of the Cross, yet there are things that we could learn from the heathen Moor.

"Know you, that a Moor of birth or property may not only have more than one wife, but an establishment of as many young serving wenches as his purse may afford. The practice is called by the Moors a harem.

"Now while I rightly do scorn their heathen ways in taking to them more than one lawful wife at a time, which is directly in conflict with the teachings of Christ and His Holy Church, the practice of the harem could well be adopted by us in the west.

"I have studied the Scriptures most assiduously on this matter and I find nothing in the holy books that denies to a true Christian of manly appetites, the pleasures of his female serfs.

"So long," he added, hastily, turning to Queen Sophia and the Princess Halina "as he continues his wedded duty with full vigor to his rightful spouse."

SIR SIGMUND leaned towards the chamberlain and whispered: "By the Black Boar of Aluric, I know that the saintly Paul advised all men that it were better to marry than to burn. But in the case of yonder four, methinks the Princess Halina would strike a better bargain with the flames.

"Tell me, chamberlain, what is the exact way of the King's vow for his niece?"

"Wenceslas did swear this Saint Stephen's night, three years gone, that by midnight on this day, the Princess Halina must choose a man of noble blood with whom she will bide," the old man answered.

"Those were his exact words?"

"His exact words."

A slow smile crept across the face of Sigmund the Saxon.

He rose from his chair, picking up the lute that rested at his feet and walked behind the table to the seat of Queen Sophia, where he announced in a strong, deep tone: "At His Majesty's command, and at your pleasure my Queen, I would do my poor best to render to you and this noble company, the Romance of Roland."

"But first, and by your leave, my lady, I beg the ear of the Princess Halina, but for a moment and privily, on a small matter in which she may be of help to a wanderer such as I."

So saying, Sigmund extended his hand to the Princess, who in surprise, took it and rose from her place to be led through the curtained archway and out on to the balcony of the keep.

The two had gone less than a minute when a clear peal of bright laughter came from beyond the tapestries, and seconds later, Sigmund returned the Princess to her chair, her lips touched with a quiet smile.

And before the scowling Sir Claude Du Guesclin could offer an objection to such unusual conduct, Sigmund struck a chord on his lute and began to sing in a deep and pleasant baritone, the Romance of Roland, that epic story, never too often told.

As it took a good two hours to sing, Sigmund was just intoning the last of the 10,000 lines when King Wenceslas, brushing the snow from his long, white, ermine cloak, re-entered the great hall.

Sigmund had barely finished the last, brave verse, and the King just taken his seat, when Sir Claude Du Guesclin rose from his chair and addressed himself to Wenceslas.

"Good King, the hour of midnight is at hand and I would remind you of your vow, that you will hasten now to instruct the Princess Halina to make her choice."

"True, Sir Claude, true," King Wenceslas replied, and turning to Halina added: "The time has now come for you to indicate which of these knights you choose to husband you."

The Princess Halina rose from her seat and in a gentle, but clear voice answered: "You have given me the right, Uncle, to choose my own man, for which I thank you, and, as this be Saint Stephen's Day, the time of gift-giving, I have decided to make my choice by the worth of the gifts that have been placed before me.

"For while you were gone, Uncle, all of my four suitors did offer me their gifts, which would be mine to keep for life. Well did I hear them all, and take heed.

"You, Sir Claude Du Guesclin, did offer me the gift of contempt.

"And you, Sir Otto Harnit, did proffer the gift of greed.

"Sir Tristram San Severino did display the gift of pride, and finally, Don Sebastian Albornez disclosed his gift of lust.

"All these gifts I do now reject, along with the givers.

"The only gift offered to me here tonight that I would take, is the gift of a kind and humble heart. That is the gift of you, my uncle the king, and so, it is with Wenceslas I will bide, until my own true love does return to me from the Holy Land."

AND with that, the Princess Halina seated herself, her eyes demurely fixed on her hands.

There was uproar at the table until King Wenceslas roared for silence.

"Niece," he said, gently, "I doubt not your rejection of your four suitors, but I have sworn a vow, which must be kept. If you will not have Sir Claude, Sir Otto, Sir Tristram or Don Sebastian, then on the 'morrow you must wed Sir Sigmund the Saxon, who is the only other man of noble blood unwedded at my table here this night."

At this, Sigmund rose and said: "Not so, my King. I have been at pains to discover from your worthy chamberlain the exact wording of your vow. It speaks nought of marriage. You did but swear that the princess must this night choose the man

Please turn to Page 90

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Let's talk it over

LOVE IS BEING ABLE TO HELP

TODAY, out shopping, I saw a blind man wheeling another man in a wheelchair around to buy their few meagre bits and pieces. Yes, one gave the use of his eyes, the other his legs. And I thanked God for the health of my four lively pre-schoolers, my husband and myself, my home and a steady income. I only hope to be able to help someone along the way those two help each other.

Humble, Seaford, V.
($5 for this par.)

Meant to be

MANY years ago when I was a girl, I was almost in tears because my hair was so deadly straight that I could do nothing with it. An elderly woman said to me, "Don't you realise, my dear, that we are all born with the type of hair that suits our faces?" I have rather a full face and now know I would look a fright with a mop of curls. But, oh, how I have longed over the years for a teeny weeny bit of curl. I have often wondered whether that woman's comforting words were right. What do others think?

Straight Locks, Camperdown, V.

Togetherness

I HAVE always scoffed at superstition, but my father-in-law is very superstitious. When we moved into our first home he told us, "A new house always means a new baby within 12 months." As we already have two children and did not plan any more, we laughed at him. Now I have just found out I am pregnant again, the expected date of birth being exactly 12 months from moving into our home. Anyone heard this one before?

P.D., High Wycombe, WA.

Change of title

I AM soon to become a grandmother and at 38 feel that Grandma or Granny sounds so old. Have readers any suggestions for another suitable name?

I.C., Mannum, SA.

Most do

MY friend had the iron roof of her home replaced with tiles. I told her she would not be able to hear the rain, to which she replied, "Who wants to hear that, anyway?" Am I the only one who loves the sound of rain on the roof?

I Do, Mudgee, NSW.

Lucky Nana

I LOVED my daughter-in-law's approach when she wanted me to baby sit. "Hello, Nana," she said, "I am giving you first option on the babies . . ."

Budding Politician, Mackay, Q.

Big help

HOW nice, on looking for a new dress in my favorite shop, to be served by a smiling, middle-aged woman — even larger than I am. Those lovely sylph-like young assistants used to give me such an inferiority complex.

Calories Connie, Swan Reach, V.

Never satisfied

MY parents have been married for more than 40 years and whenever Dad is home late, Mum worries herself sick, thinking something terrible has happened. The other night she was all worked up, when he finally walked in at eight o'clock, quite merry after a few drinks with the boys. "I do not know why I worry about you," she berated him. "Nothing ever happens to you."

E.R., Kotara, NSW.

Winner after all

TO K.H. (NI, 25/8/73), you have overlooked this prize — you have won your way into LTIO and that is an achievement. Maybe you have forgotten other prizes. Yes, competitions are genuine and I have many prizes to prove this. Just keep trying.

I'm Very Trying, Kotara, NSW.

Girls too

YES, I.P.Y. (NI 6/10/73), female scarecrows are used. In England, my father and many other farmers used female clothing on their scarecrows and with the skirts and long sleeves slashed and with long hair of binder twine, they fluttered in the wind and did a more effective job than the male images.

Waddy, Coorparoo, Q.

Bad-old-days?

I CANNOT help but notice the difference in expressions on faces in family photographs taken 60 or more years ago, compared with those of the present day. Now people are smiling, yet then the parents were sitting up looking stern, while the children were grouped around looking half-scared. Was it considered wrong for anyone to look happy in the good-old-days?

Glad It's Now, Albany, WA.

Euphoria

WITH a young family, four boys and two girls, my best part of the day comes at night. When all the work has been done, when we have read stories and the children have all dropped off to sleep, then it is our turn. Just my husband and myself together — to relax and talk over the day's doings. It is so peaceful.

Oh For Peace, Morwell, V.

Best excuse

I DO not know what I would do without the common excuses for forgetfulnes, clumsiness or Mondayitis. I either get out of the wrong side of the bed, had a late night, etc. What should I do — keep my excuses or try to correct my ways?

Absent Minded, Peakhurst, NSW.

Times change

THE other day I was looking at my brother's graduation picture, taken two years ago, and in it he was a clean-shaven, short-haired boy. But when you look at him now, bearded and with shoulder-length hair, you would never believe it is the same person. Yes, times have certainly changed in such a short time, haven't they?

Changes, Kallista, V.

Berry true

YES, Kalia (NI 13/10/73), there are brown berries. Pittisporum trees have berries that are brown when ripe, so do cedar trees, whose berries are a light tan when ripe. Some rose hips are also brown — and what about gum nuts?

Rosalie, Woodville, SA.

Thoughtless lot

HAVING just read Grumpy's letter (NI, 14/7/73), it made me feel so sorry that he had to hear that child's thoughtless remark. It is such a pity that we humans can be so cruel to our fellows with our foolish talk. I was so glad his daughter-in-law and grandchildren cheered him up afterwards — he sounds such a loveable man, as they obviously agree.

For David, St. Peters, NSW.

Not for her

REMEMBERING the first day that decimal currency started, I was in a shop when a customer handed over a note and was given her change in dollars. She indignantly refused to take them, so she got her change in pounds and as she walked away she snorted "I will have you know I do not ever intend to handle that other money." I bet she has changed her mind by now.

LSD, Surfers Paradise, Q

Optimist

WITH cataracts slowly growing over my eyes, I was telling the doctor that with my slowly blurring vision I could no longer see the destination and number on the front of the bus. However, I must admit I was taken aback when he cheerfully replied: "Well, Mrs. S., the time to worry is when you cannot see the bus!"

Dixie, Waratah, NSW.

Limited purpose

I WAS serving in a shoe shop recently when a customer came in and asked for a pair of slippers. When I asked her what size she wanted, she said, much to my surprise "Oh, any size will do. I only want them for the dog to chew up."

What Next, East Malvern, V.

Hair raiser

MY friend was moaning about finding a few more grey hairs, when her husband said: "You are lucky to have grey hairs to complain about." He has lost most of his crowning glory, so I guess we women are lucky to be able to moan about grey hair — wouldn't it be terrible if we lost our hair instead?

Hairy, Ganmain, NSW.

Difficult task

AS a mother, I am trying to teach our daughter not to talk to strangers. But how many parents can state honestly that they have not spoken to an unknown child whilst out shopping or at a picnic? Quite a few of our friends cannot, and neither can my husband and I.

A Parent, Dandenong, V.

Subtle

BATTLER'S par (NI 1/9/73) reminds me of a friend whose husband would not do much around the place, not even chop the wood for the stove. So when he arrived home for dinner one night, there it was, a plate of uncooked vegetables and a piece of raw steak. Did it work? In some ways . . . he paid a man to come and cut up the full four tons of wood.

Tansey, Bateau Bay, NSW.

Fishy fridge

WE decided to buy a new refrigerator, so I advertised the old one for sale at $10, a real bargain. Several called to look at it, but they all seemed to think there was some catch in the offer and no one bought. So the following week I advertised it again, for $20, and it was sold that day. Later I heard the buyer had resold it and made a profit!

Too Cheap, Mt. Gambier, SA.

Helpful gift

ARE you wondering what to give a patient who is permanently in hospital or home? An old friend was delighted to open a pretty box and find inside a variety of cards — Christmas, birthday, get-well, sympathy, congratulations. As she keeps in touch with many relatives and friends, the gift was ideal, especially as a supply of stamps was included.

Thoughtful, Lyndhurst, NSW.

Showing off

WHEN my daughter, who works in the city, pays us a visit, she usually brings a few girl friends home with her. I do not know how others feel, but I am so pleased to think that with so much emphasis on the generation gap, she is proud of her home and family.

Proud, Ingham, Q.

Horror?

I WONDER what the thoughts were of the young girl in the sheer nightie, walking down the Brisbane Highway in the early hours after her car had run out of petrol. (Incidentally, the truck driver who came along was most sympathetic.)

H.E.M., Boronia, V.

Forearmed

A SERVICE station sign reads: "We require a 50 per cent deposit from customers we do not know and a 100 per cent deposit from some we do know!"

Trust, Mackay, Q.

Tagged for good

DO other readers think that shops are very inconsiderate in the way they place their price tags on articles? They are so difficult to remove and, especially if the article is a gift, it spoils its appearance by having the remains of an unremovable price tag still on it.

Kiwi, Weston, NSW.

Shades of Gran

ONE of the happiest days of my life was the time I was able to dispense with my old kitchen table, the top of which had to be scrubbed daily with sandsoap to keep it white. Yesterday, my granddaughter rushed in to tell us about a marvellous old table she and her husband had discovered in an outback secondhand shop. It was a replica of Grandma's horror!

Antique, Healesville, V.

Absent minded

ARE there any others like me? Washing the children for bed, I suddenly realised that something was a bit odd. Yes, I had washed one child twice while the other was still grubby!

Harassed Mum, Loxton, SA.

Meaning of truth

THE little boy in Cub uniform called to do a "bob a job" and, as I could not think of anything for him to do, I offered him the 10 cents. He refused, saying he must work for the money, so I found him something to do. I could not help but applaud the work of the Scouts that has taught him this basic rule that he will remember all his life.

O.C., Kew, V

Let us know

WHY, oh, why, don't manufacturers print the amount of calories per gram on their goods? It would be so helpful to dieters trying to calculate calories. Do others agree?

Rusty, Warooka, SA.

Happiness is . . .

WHAT gives a woman the utmost satisfaction? I am sure the answer would be very varied. But, to me, knowing that my family has gone off for the day, happy, freshly clothed and well nourished, a couple of hours uninterrupted sewing and an equal time in my garden is "heaven on earth".

Raffles, Gladesville, NSW.

Sound advice

MY teenage niece was hovering over the phone, waiting for her heart-throb of the moment to call her up. I said I had always found the surest way to make the phone ring was to have a bath. She was totally immersed and, sure enough, the all-important call came. My stocks have risen with her, but not with her parents. She has started an all-out campaign for an extension phone in the bathroom!

J.W., Bingara, NSW

Ideas change

WHEN my sister and I were young we used to grumble about doing our various little tasks and our mother would say, "You are happy while you are working." Of course, we did not agree. That was over 60 years ago, and her words often come to me. Now I agree with them. It only takes illness for one to be set aside, unable to work, for one to be very pleased when they are able always to work.

Proved It, Pittsworth, Q.

Reminder

WHEN my daughter was a baby she had to take medicine with iron in it, and now years later some of her second teeth have brown marks on them. The dentist said these are caused by taking the medicine. What a shame there is not a way for young children to be cured without a lifetime of reminders of a childhood illness.

M.H., Elizabeth Field, SA.

Stop and think

IF people who are thinking of breaking up their marriages would just stop and put their children's happiness first, instead of themselves, there would be a lot less lost and upset children in this world. I am speaking from experience and just how much my children are affected. If parents would only just get together and talk out their differences I am sure things would be happier.

Experienced Mum, St. Georges Basin, NSW.

Beware of aunt!

WHILE staying with a country friend, I was embarrassed when she continually reprimanded her children in my presence. What upset me about her nagging about their hair clothes, etc., was that it always ended with "Whatever will Auntie S think of you? This made me appear as some sort of ogre, when I prefer children to be their natural selves and hardly notice what they are wearing or if their hair is tidy.

Auntie S, Doncaster, V.

Those mad days

MY teenage daughter is going through a "mad" stage, and consequently we never know what she is going to do or say next. I was reading a par to her, and half-way through, she suddenly burst out in bubbling laughter. On inquiring why, she replied: "I am laughing now in case it is not funny." "Mad", but very loveable.

Christian, Inglewood, V.

If only . . .

MY husband commented that half of life was "if". The first half: "If I had that, if I could do that"; the second half, "If only I had or if only I had not". Life does seem full of "ifs" Seems to be a small word with a big meaning.

If We Only Knew Liverpool, NSW

Double trouble

I ACCIDENTALLY spilt champagne on a friend's pale blue brocade dress. She behaved impeccably and smilingly refused my offer to have the garment dry cleaned. Next day I wrote her a note, to repeat my apologies and to thank her for being so charming about the incident. I posted the letter without a stamp.

Oh, Dear, Blair Athol, SA.

Little boy lost

RECENTLY, when I had visitors, a very small boy was missing. As he was a real little he-man, we all concentrated our frantic search on the yard and outbuildings. He was finally found — sitting calmly in the front bedroom cuddling a bride doll he had taken from a bed!

Amused, Camperdown, V.

Be thoughtful

PARTY time is coming and when you know your guest list includes several conscientious weight watchers, make it easier for them and yourself by serving some low calorie dishes. Your guests will bless you for doing their calorie counting for them in advance.

Stout, Coopers Plains, Q.

Rest?

ON the brand new sign a the gate was: Elderly Ladies' Rest Home, and on the lawn a brand-new slippery dip and swing were being erected.

Let's Play Too, Broadmeadow, NSW.

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I WENT BACK TO SCHOOL

Continued from Page 41

still able to compare notes and grind down any difficulties we were experiencing.

SUDDENLY the end of the year came and the exams were over.

As long as I have apricot jam on the shelves I will remember the day I received my results. I had made the golden conserve from fruit gathered from the garden that morning, and now it was duly bottled, labelled and dated.

When I returned from the local shops, the letter awaited me. The inadequacies and unfairness of the whole examination system hit me with its unjust impact. How could the labor and zeal of one whole year be gauged by a solitary three hour exam.

Finally I rationalised. Perhaps I had got Cs, or even Ds would be a pass. I tore open the envelope and very nearly destroyed the certificate which informed that I had passed quite creditably.

That decision to go back to school stimulated and changed my way of thinking. Today, I feel an identity once more, participating and involved. I have not felt as fulfilled since I held my first baby in my arms.

If it had not been for the challenge levelled at and accepted by me two years ago, I would never have had the confidence to send away the manuscript which was my application for the Creative Writing course at Monash University — an application which this morning's post told me had been accepted.

I am looking forward to the course eagerly. My life is richly expectant with great possibilities for the future. I may one day be a writer of some note. That will make them realise that I hadn't been fancifully capricious and just living a dream.

MARIE BENNETT

SIGMUND'S SONG

Continued from Page 87

with whom she would bide. To my mind, not only has she chosen within the exact wording of your vow, but chosen wisely too."

Sir Otto Harnit leapt to his feet, his chair crashing to the floor and his sword unsheathed.

"Your life's blood for this jongleur's trickery, Saxon swine," he shouted. But, at a sign from the King, he was within an instant surrounded by a dozen sturdy men at arms, their spear points lowered. Slowly, the big Bavarian sheathed his sword, and with a muttered curse, took his place again.

Wenceslas motioned to Sigmund to approach him and as the Saxon did, the King took from his finger a large, gold and ruby ring and handed it to him.

"Let all men know that by the sign of this ring, within my domain and in lands beyond, who touches Sigmund the Saxon, touches also Wenceslas of Bohemia — and does so at his peril.

"And now, I hear the postern call the midnight hour. Saint Stephen's Day be over."

King Wenceslas extended his hand to his Queen, and followed by the Princess Halina who passed a quick and loving smile of gratitude to Sigmund, they left the great hall.

With that, the Feast of Saint Stephen was over and the company broke up.

Sigmund the Saxon rose early and, ere the sun had fully dawned was astride his old, grey palfrey, passing over the drawbridge and turning left to take the snowy track that led through many a league of gloomy forest lands.

And as he rode, he plucked the strings of his lute and sang a new song . . .

'Good King Wenceslas looked out,
On the Feast of Stephen.
When the snow lay round-about
Deep and crisp and even.
Brightly shone the moon that night,
Though the frost was cruel,
When a poor man came in sight
Gathering winter fuel . . .'

High in the keep, Sir Otto Harnit heard the song, and turning to the French knight who shared the bed chamber with him, muttered: "The meddlesome jongleur has gone. What is the song he sings so gaily?"

"How should I know?" Sir Claude Du Guesclin replied, languidly. "He sings it in his native tongue, a coarse and clacking language, made only for base boors and peasants like himself.

"The English. Ha! They will never amount to anything."

(C) Alexander Visconti, 1973.

FITS TO A T

KNIT THIS TRENDY SUMMER SHIRT TO PLEASE YOUR MAN

MEASUREMENTS:				in inches (cm)
Chest size	40	42	44	(101-106-111)
Length (centre back)	24½	25½	26½	(62- 64- 67)
Sleeve seam	5½	6	6	(14- 15- 15)

MATERIALS:
Patons Gem Knitting Cotton (50 g), 8 (9-9) balls; 1 pair each Nos. 12 and 14 knitting needles; 2 stitch holders.

TENSION:
7½ sts and 10 rows = 1 in. (2.5 cm).

BACK:
With No. 14 needles, cast on 154 (162-170) sts.
1st row (right side) — P 3, * K 4, P 4; rep from *, ending last rep P 3.
2nd row — Knit.
These 2 rows form the patt.
Cont in patt until work measures 1½ ins. (4 cm), ending with a wrong side row.
Change to No. 12 needles and cont in patt until work measures 15 (15½-16) ins. (38-39-40 cm), ending with a wrong side row.
Raglan shaping:
Keeping patt correct, cast off 5 (6-7) sts at beg of next 2 rows.
Next row — K 2, K 2 tog, patt to last 4 sts, K 2 tog, K 2.
Next row — Knit.
Rep the last 2 rows until 52 (54-56) sts rem, ending with a wrong side row.
Neck shaping:
Next row — K 2, K 2 tog, patt 12, turn, leaving rem sts on a spare needle.
Next row — Cast off 11 sts, knit to end.
Next row — K 2 tog twice. Cast off.
With right side facing, slip centre 20 (22-24) sts on to a stitch holder, rejoin yarn to rem sts, cast off 11 sts, K 2 tog, K 2.
Next row — K 4.
Next row — K 2 tog twice. Cast off.

FRONT:
As back until 76 (80-84) sts rem, ending with a wrong side row.
Neck shaping:
Next row — K 2, K 2 tog, patt 22, K 2 tog, turn, leaving rem sts on a spare needle.
Dec at raglan edge as before and **at the same time** dec 1 st at neck edge of next 6 (4-2) rows, then every foll 4th row until 5 sts rem.
Work 1 row.
Next row — K 2 tog, K 1, K 2 tog.
Next row — K 3.
Work 3 tog and fasten off.
With right side facing, slip centre 20 (24-28) sts on to a stitch holder, rejoin yarn to rem sts, work 2 tog, patt to last 4 sts, K 2 tog, K 2.
Complete as first side.

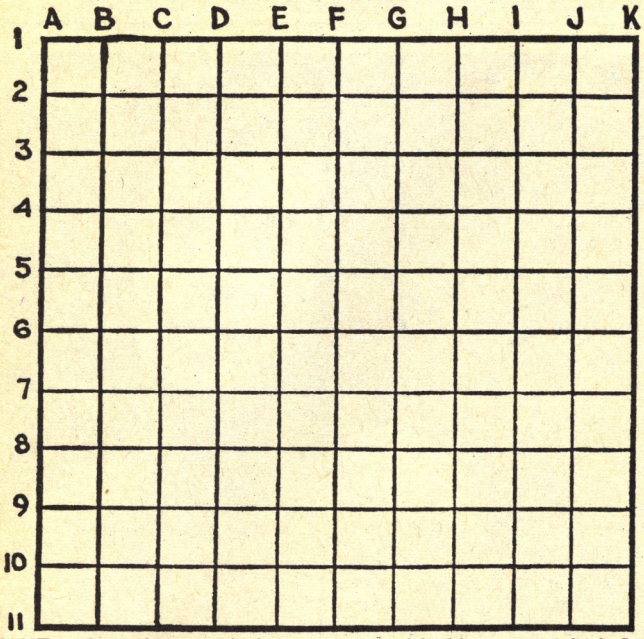
SLEEVES:
With No. 14 needles, cast on 90 (98-98) sts. Patt 14 rows as in back.
Change to No. 12 needles and, working extra sts into patt, inc 1 st at each end of 5th and every foll 4th row until there are 106 (110-114) sts.
Cont without shaping until sleeve seam measures 5½ (6-6) ins. (14-15-15 cm), ending with a wrong side row.
Raglan shaping:
Cast off 5 (6-7) sts at beg of next 2 rows.
Next row — K 3, patt to last 3 sts, K 3.
Next row — Knit.
Next row — K 2, K 2 tog, patt to last 4 sts, K 2 tog, K 2.
Next row — Knit.
Rep the last 4 rows until 86 sts rem, then the last 2 rows until 10 sts rem. Cast off.

NECKBAND:
Using a fine back-stitch seam and leaving back left seam open, sew 3 raglan seams.
With No. 14 needles and right side facing, pick up and K 9 sts from left sleeve, 22 (20-22) sts down side of neck, patt across 20 (24-28) sts of centre front, pick up and K 22 (20-22) sts up side of neck, 8 sts of right sleeve, 14 (13-16) sts down side of back neck, patt across 20 (22-24) of centre back, pick up and K 15 (14-17) sts up side of neck. 130 (130-146) sts.
Knit 1 row.
38 in. (96 cm) size only:
Next row — K 3, * P 4, K 4; rep from *, ending last rep K 3.
Next row — Knit.
Rep the last 2 rows 5 times.
40 in. (101 cm) and 42 in. (106 cm) sizes only:
Patt 12 rows as in back.
All sizes:
Work 1 in. (2.5 cm) in K 1, P 1 rib.
Cast off loosely in rib.

TO MAKE UP:
Sew rem raglan and neckband seam, side and sleeve seams. Fold neckband in half to wrong side and slip-stitch in position.
Press seams lightly on the wrong side with a warm iron.

Our Playground

PUZZLE PICTURE MADE FROM NUMBERS



WANT to draw, be an artist? Anyone can with this easy method. Just take a pencil and, using the details below, draw lines from intersection to intersection as indicated in the order given:

Draw C-6 to C-8, C-11, E-11, C-10, D-9, E-7, D-9, F-10, H-9, I-8, H-9, I-10, F-11, J-10, K-9, K-8, J-7, F-6, E-5, F-3, E-2, C-1, D-3, B-5, B-7, C-8. Circle D-2.

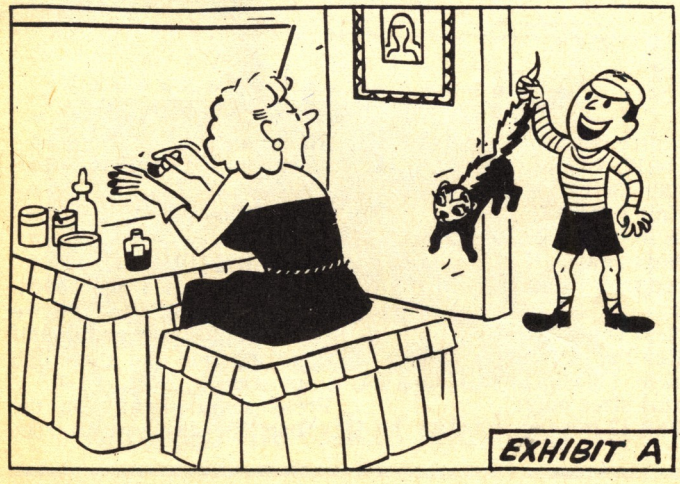
In other words, begin your drawing at intersection C-6 and draw a line from there to the point where vertical line crosses horizontal line 8, then carry it to C-11 and so on.

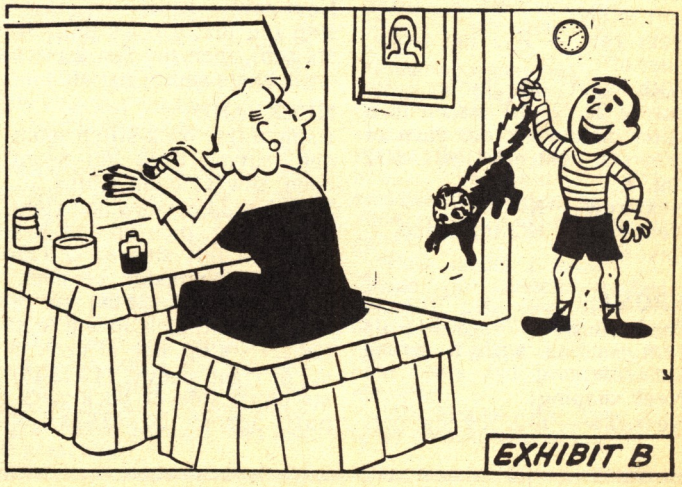
When you have drawn all the lines, shade and color with crayons. You will have a picture of an animal that barks and has pups, but is not a dog, and the drawing will be your own work.

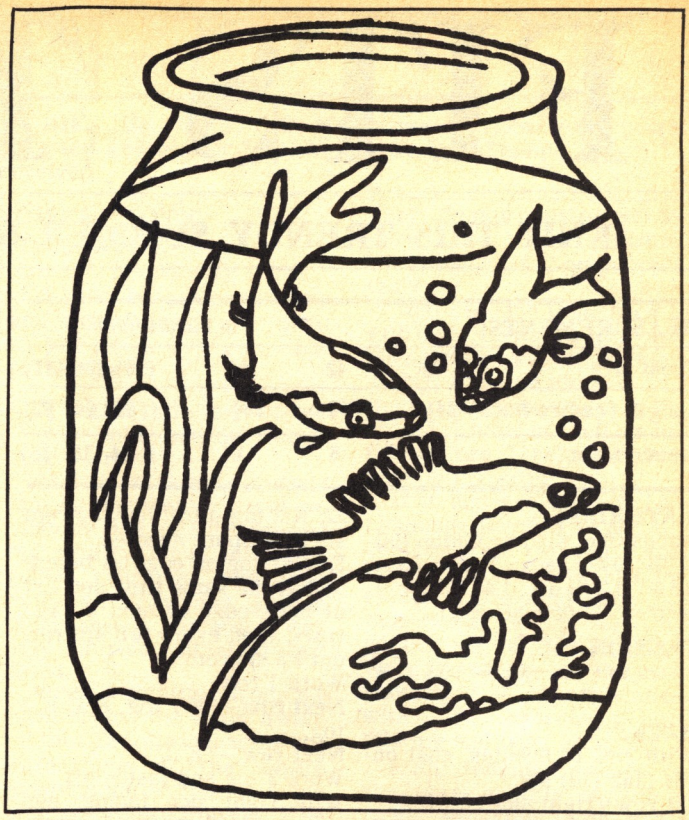
This is not a competition — just a fun drawing lesson. If more than one person wants to join in, simply place a sheet of tracing paper over our design and draw on that.

SMART GALLERY

USE your wits and eyes to find six differences between A and B. Then look again to see if you can find an error which is in both pictures. Address entries to MEG, c/- New Idea. Five prizes of 50 cents for neatest, best entries from Seniors, same for Juniors.







THIS WEEK'S PAINTING COMPETITION

MAKE the goldfish and their bowl bright with color. Send your finished paintings to MEG, New Idea, Box 1292K, P.O., Melbourne, V., 3001. This contest is open to JUNIORS and SENIORS. Five prizes of 50 cents for neatest, best entries in each section.

NAME..... **AGE**.....

ADDRESS.....

..... **STATE**.....**POSTCODE**.....

(SPECIAL AWARD of 50 cents to Christine Condie, 34 Lowndes St., Salisbury, Q, 4107, for sending in this drawing.)

RESULTS OF PREVIOUS COMPETITIONS

SENIOR DROP A LETTER PUZZLE — 50 cents each to: Jayne Dennis, Sharon Hambling, Angela Brighton, Julie Lovell, John Backman.

JUNIOR JUMBLED GOODS — 50 cents each to: Debra Douglas, Toni Roads, Blair Cunningham, Robyn McGoldrick, Rosalie Bish.

PIXIE AND RABBIT PAINTING CONTEST — 50 cents each to (Juniors): Della Chapman, Joanne Wallis, Donna Smith, Karen Twigg, Jane Meredith. (Seniors): Irmgard Wessels, Paul Criddle, Karen Iffland, Cheryl O'Bree, Bernadette McCarthy.

DECK THE HALLS!

Continued from Page 31

ABOVE: A line-mass design in a grey metal vase. Pink delphinium, purple Salvia farencia and grey Acacia cultraformis foliage forms the outline. The main interest is given by two shades of chrysanthemum, with accents of beetroot foliage, cobaea bells and a spray of fuchsias. ABOVE LEFT: Tall spikes and laterals of pink delphinium predominate with watsonia, artichoke and Solomon's Seal foliage blending in. Light sprays of beech foliage strengthen the highest point of the arrangement. The peonies add richness — Mons. Jules Elie and Lida, backed by roses and clematis, complete the artistry.

"Christmas Snow" or faint touch of gold paint gives added color.

A more lengthy method is to allow the leaves to decompose in rain-water before scraping. When skeletonised leaves are arranged with fresh flowers, one needs to avoid spraying the leaves with water, as this would spoil them.

Inexpensive glassware can be used with abandon in numerous ways. An illusion of embossed Venetian glass can be created by dripping hobby wax on a colored bottle, then gilding the wax and sprinkling it lightly with glitter. A little glitter sprinkled inside the bottle adds to the effect.

Another variation is to place glitter, or Sellotaped baubles, inside a goblet which is then turned upsidedown, and an identical goblet placed on top as a container for flowers and foliage. The two glasses are held together by florist's wire or Sellotape, with the join hidden by a bow of ribbon.

The abundance of summer flowers provides a wide range for Christmas decorations — roses, carnations, Lilium candidum, jaunty callistemon; lupins, campanulas; gladioli and tall spires of delphiniums. Holly, ivy and fir are traditional foliage, but the range is enlarged by mistletoe, angelica, ferns; various hostas, Fatsia japonica and even aspidistra.

Table settings are enhanced by fruit "frosted" in egg white and castor sugar, and a novel effect can also be achieved by criss-crossing bands of ribbon or transparent wrapping paper across the tablecloth.

For holiday-makers, decorations must be easy to pack, or else quickly made on the spot. Here artificial materials often have to be utilised. A mock Christmas tree for a table decoration is made by first anchoring a rod into an earth-filled flowerpot or tin. A foundation of fine chicken wire is fastened round the rod, and then six-inch squares of green transparent wrapping paper or crepe paper are pushed by their centres into the mesh. Baubles on wire stems add sparkle in the spaces. Paper doilies or serviettes may be pleated to form flowers, with a wired bauble in each centre, for another impromptu decoration. A small glass with a ring of plasticine around the rim makes a suitable container, and can be hidden in the finished arrangement.

Where fresh flowers or foliage are available, a moss pad, with plastic backing, becomes a useful container for a table decoration, and flowers last well in the moss.

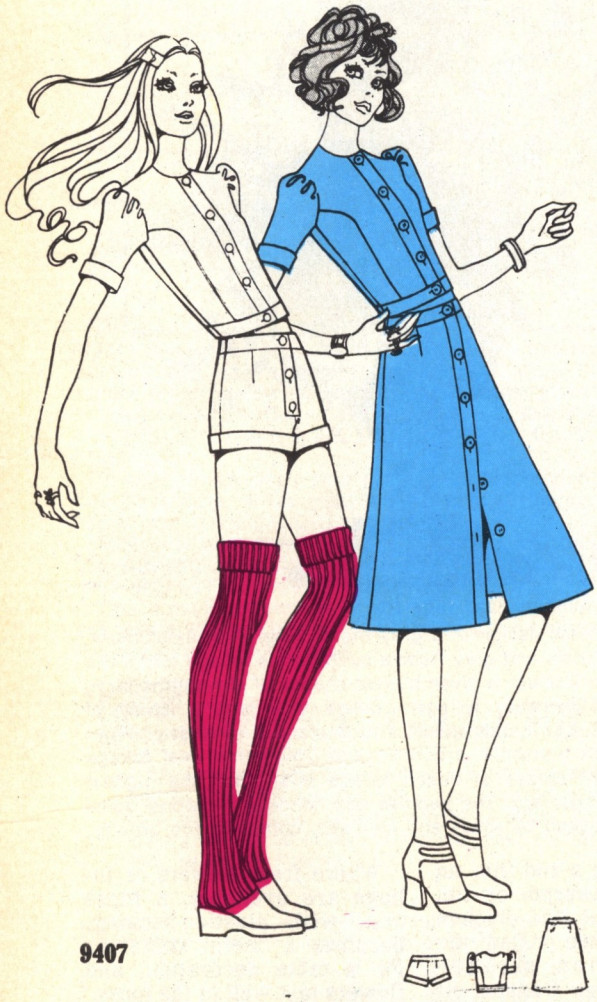
All who create these Yuletide designs, whether to enhance a camp table, motel or holiday house or as a more extensive scheme of home decorations, are fulfilling a task which is part of the joy of Christmas.

From A Guide To Flower Arranging, by Margaret Watling, published by A. H. and A. W. Reed; (C) Margaret Watling.

New Idea Pattern Service

Young girls will love these two holiday styles — they are fun to wear at any time

5801



9407

5801 — 75c. Girl's dress in two lengths with skirt gathered onto a plain bodice. Available in sizes 5-6, 7-8, and 9-10 years. Size 7-8: Left dress with long plain sleeves requires 2⅜ yds. of material; centre, without sleeves requires 2⅛ yds. of material; right, with long skirt and short sleeves requires 2⅜ yds. plus ¼ yd. of contrast for bodice and sleeves. All are in 36 in. wide material.

9407—75c. Flared skirt, shorts and top with matching buttoned waistbands. Available in sizes 30½, 32½, 34 and 36 in. bust. Size 34: Button-through skirt requires 1⅞yds; shorts with front opening and cuffs requires 1⅜yds; panelled back and front top with sleeves gathered into armholes and turned up to match shorts requires 1½ yds. All lengths are in 36 in. wide material.

HOW TO ORDER YOUR PATTERNS

Fill in your order form, attach postal order or money order for EACH pattern ordered (stamps not accepted) and send to PATTERN SERVICE, New Idea, Box 70B, PO, Melbourne, Victoria, 3001, MAKING MONEY ORDERS PAYABLE TO ELIZABETH ST. PO ONLY. Patterns are available for six weeks after publication date and will reach you three weeks after receipt of order. In New Zealand patterns are available for 12 weeks after publication date. (Refer to special instructions for New Zealand readers.) Insufficiently stamped letters cannot be accepted. Please note that when more than one pattern is asked for they are not sent together. If you receive one before the other, wait a while and the second one will arrive. NEW ZEALAND READERS NOTE: Because of currency restrictions, only money orders can be accepted.

N.I., 22/12/73, MARK YOUR ENVELOPE "PATTERN"
(Please indicate in box how many patterns you require)

☐ 5801 ..... Size .....

☐ 9407 ..... Size .....

Fill in the coupon, attach money order or postal order and post to Pattern Service, New Idea, Box 70B, PO, Melbourne, Victoria, 3001.

Name (block letters).....

No and Street.....

City, Suburb, Town.....

State or Country..... Postcode .....

You & your stars

(FOR WEEK DECEMBER 22-DECEMBER 28)

CAPRICORN (Dec. 23 to Jan. 20): A very merry Christmas, memorable for some super-special surprises. Those on holiday can look forward to exciting experiences. Dec. 22, 25 and 26 propitious.

AQUARIUS (Jan. 21 to Feb. 19): Splendid from all angles, though things could become rather hectic. If still heart-free, keep plans flexible. Dec. 22, 23, 27 and 28 outstanding.

PISCES (Feb. 20 to March 20): Fair fortune throughout Christmas period with the peak coming on Tuesday. Tokens of appreciation help to give you a sense of purpose and well-being. Dec. 25 and 26 helpful.

ARIES (March 21 to April 20): So busy a week you may be in danger of neglecting the most vital matters. Interesting news of an almost forgotten friend. Dec. 22, 23, 24 and 27 auspicious.

TAURUS (April 21 to May 21): Promise in romantic and family affairs and chances to eliminate existing misunderstandings. Dec. 24, 25 and 26 cloudless.

GEMINI (May 22 to June 21): A cheery, entertaining week awaits you. There is no reason why you should not make extra cash or hear of a better paid job. Dec. 27 and 28 potentially profitable.

CANCER (June 22 to July 22): Correct timing of your holiday activities is all-important. You should play your hunches rather than debating what's to be done. Dec. 22 and 28 best dates.

LEO (July 23 to Aug. 23): Those who really count will be looking on you with much admiration for your recent activities. Dec. 22, 23 and 24 encouraging.

VIRGO (Aug. 24 to Sept. 22): Setbacks over the weekend should not cause despair because they are temporary. The sports girl is particularly favored. Dec. 25, 26 and 27 fine for all purposes.

LIBRA (Sept. 23 to Oct. 23): Significant period emotionally. For most, a change in attitudes eventually bringing deeper joys. News of someone who was once very dear. Dec. 23, 27 and 28 beneficial.

SCORPIO (Oct. 24 to Nov. 22): Be prepared to make changes in your holiday plans, perhaps because of a pet or another person. Dec. 25 and 26 harmony reigns.

SAGITTARIUS (Nov. 23 to Dec. 22): Truly a happy Christmas and a week for those who are travel-minded. A special wish could be granted. Dec. 22, 23, 24, 27 and 28 lucky.

Birthday forecasts

SATURDAY, December 22: More money, comfort and good luck this coming year, but also a changed environment.

SUNDAY, December 23: Life will be rather humdrum unless a determined effort makes it otherwise. Best period: May to mid-August.

MONDAY, December 24: First half of 1974 likely to be unsettled. Towards your next birthday, more tranquil conditions.

TUESDAY, December 25: Don't neglect health upsets or be in a hurry to make far-reaching moves.

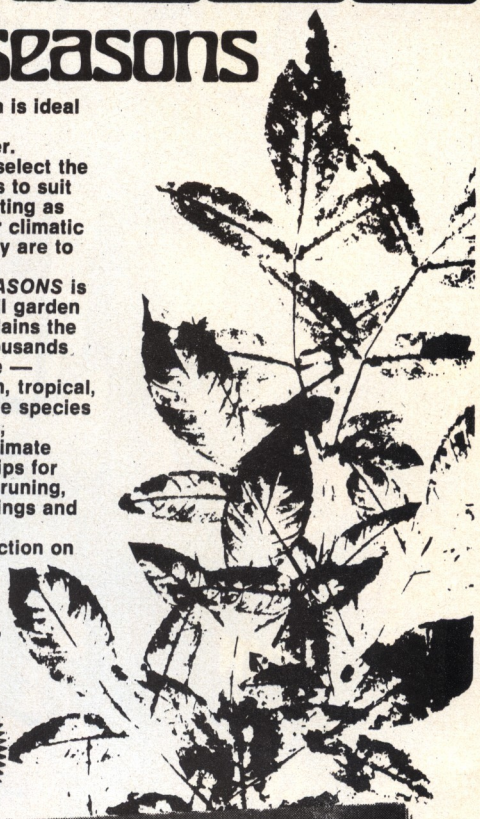
WEDNESDAY, December 26: Be content with small rewards and simple pleasures. Let intuition guide you. Travel possible.

THURSDAY, December 27: Don't be afraid to break away from present conditions and if necessary try your luck in unfamiliar places.

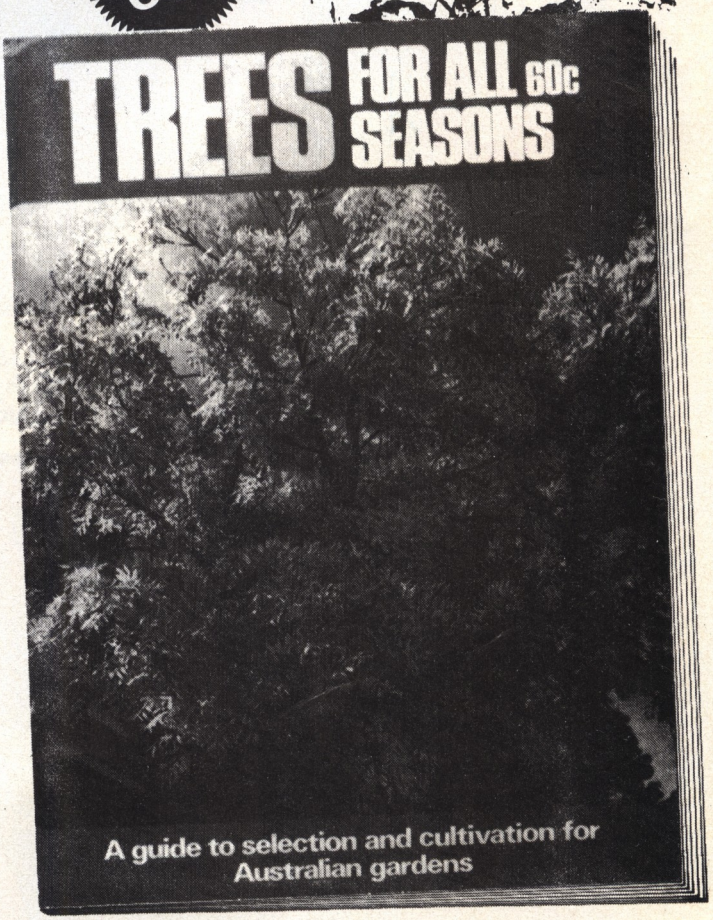
FRIDAY, December 28: An unexpectedly happy year. You'll also have good health and sufficient wealth to make the most of it.

TREES for all seasons

Here is a book which is ideal for the beginner or experienced gardener.
It can be difficult to select the correct types of trees to suit both your garden setting as well as the particular climatic conditions where they are to be planted.
TREES FOR ALL SEASONS is an excellent aid to all garden enthusiasts as it explains the botanic names of thousands of trees of every type — deciduous, evergreen, tropical, etc., suggests suitable species for every size garden, personal taste and climate and gives excellent tips for planting, nurturing, pruning, staking, potting, cuttings and disease prevention.
There is a special section on Australian Native trees as well as helpful descriptions of every type of fruit, flower and leaf they bear.



ONLY 60c



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